



MIDLAND MASTERS AC CROSS COUNTRY CHAMPIONSHIPS 2018

The 2018 Cross Country Championships will be held for the sixth year running at Aldersley Stadium, (Aldersley Leisure Village) Aldersley Road, Wolverhampton WV6 9NW on Sunday, 21st January 2018

You can enter from your membership page at bmaf.opentrack.run, where all the competitions are displayed.

You can enter an approximate time for the distance for your age group, then after you submit you will be asked to pay the entry fee.

For the members who do not have internet access, please send a cheque made payable to MMAC to MMAC XC Entries Secretary, Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs B48 7LH

You do not need an entry form. Receipt of a cheque for entry infers that you accept the terms & condition of entry. If you want an acknowledgment please include a stamped self-addressed envelope.

The entry fee is £10.00. Start time 11.30am.

The usual 5yr individual and 10yr team awards will be presented dependant on the number of entries and we reserve the right to make amendments.

Teams are as follows:-

All ages on day

8k Race: M35-44 (first 4 to count); M45-54; M55-64 (first 3 to count).

6k Race: M65+; W35-44; W45-54; W55+ (first 3 to count)

1st claim club members for the teams and remember you must be EA registered.

Please pick up your race numbers on the day.

Closing date for entries is strictly midnight on the 15th January 2018. No entries will be accepted after the closing date or taken on the day. There will be no exceptions.

Graham Lamb

Midland Master Membership Secretary