



BRITISH MASTERS ATHLETIC FEDERATION

BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS 2023

Under UKA Rules

Saturday March 16th 2024

RHUG FARM, CORWEN, DENBIGHSHIRE, NORTH WALES LL21 0EH

(courtesy of Lord Newborough)

Corwen is on the A5 trunk road in the DEE Valley, 20 miles west of Wrexham and 10 miles west of Llangollen where there are several hotels and guest houses.

Rhug farm is owned by Llord Newborough and is located along the A5 about one mile west of the town. The farm is on the left approaching from the Corwen direction. The course is on the opposite side of the road. No dogs are allowed on the farmland due to the presence of deer and other livestock.

Race 1 – 12.00, approximately 6k - all ladies and M65+

Race 2 – 13.00, approximately 8k - M35 to M60

All competitors must be affiliated to a UKA athletics club. Sorry no unattached athletes.

Entry fees:- BMAF club members - £12

Non-BMAF area club members - £15

Opening date 15/01/2024.

Closing date for entries is **Saturday March 9th 2024.**

Medals will be awarded to the 1st three individuals in each five-year age category. Entries from 1st claim athletes registered with UKA clubs only.

Medals will also be awarded to the first three teams, each consisting of 3 men or three women, in ten-year age categories – 35 to 44, 45 to 54, 55 to 64, 65 to 74, 75+.

The teams will be automatically allocated from the members of each club in that age group. Down-ageing only permitted if there are not enough natural age category runners in the ten-year age categories. Those men down-ageing will still compete in their individual age category except men 65 years or older who have made a specific request to down-age to a younger team which means they will be running in Race 2 and therefore they will run as an individual in the same age category as their team age-group (e.g. M60, if the team age group is 55-64). Composite teams must be declared than later than Thursday 14th March. The competition secretary will set up composite teams wherever possible and thus you only need to declare a composite team if you wish to choose specific people to down-age.

Once entries have closed the list of possible teams will be displayed **here**.

Race numbers to be collected from the registration desk in the meeting/conference room behind the farm shop. Toilets are available in the farm shop building and mobile toilets near the start/finish area. No showers or changing facilities available.

The event will incorporate the England Masters Athletics Association Inter-Area Cross Country Challenge. The inter-area challenge will consist of a separate men's and women's team from each BMAF area club. Each team will consist of a minimum of 6 runners. If there are more than 6 runners of an area club competing, the first 6 members finishing will count for the team.

All affiliated masters area club team members must enter as individuals and inform their relevant masters area club/association that they intend competing for their area club in the inter-area challenge. Area club team members must be paid up or life members of the area club they represent.

Queries regarding entries should be addressed to OpenTrack via the email address given above but queries about the race itself should be sent to:

Harry Matthews, BMAF Cross Country Secretary

Email: hmatthews@bmaf.org.uk