



# British Masters Athletics Federation

## 26<sup>th</sup> Open Cross Country Relay Championships

**Saturday 25th October 2025**

West Park, Wilsthorpe Rd, Long Eaton, Nottingham NG10 4AA

Sponsored by The Derby Runner



**THE DERBY RUNNER**  
SPECIALIST RUNNING EQUIPMENT

Jct 1 A50, from M1 J24A(E); M6 Jct 15 onto A50 (N&W); M6 Jct 2 (S&W)

Rail: Long Eaton, 28 mins from Derby 🚶; 53 mins from Nottingham 🚆

Entry into the following events is available:

TEAM MANAGER ENTRY ONLY

Entry link: <https://www.race-results.co.uk/results/2025/bmafxcr25e.php>

Entries close Friday 11th October 2025

Men 35+ (5 Stages - £37.50 per team)

Men 45+ (5 Stages - £37.50 per team)

Men 55+ (4 Stages - £30 per team)

Men 65+ (3 Stages - £22.50 per team)

Men 75+ (3 Stages - £22.50 per team)

Women 35+ (3 Stages - £22.50 per team)

Women 45+ (3 Stages - £22.50 per team)

Women 55+ (3 Stages - £22.50 per team)

Women 65+ (3 Stages - £22.50 per team)

Up to 15 athletes can be entered for 5-Stage; 12 for 4-Stage; 9 for 3-Stage,

Down-ageing to make up a team is permitted

Declare team members on the day

All athletes must be First Claim members of club named

Entries from "B" teams welcome but are not eligible for medals

### Event Timetable

Race 1 – 12:00: All Women and Men 65+

Race 2 – 13:45: M35 to M55

Course: flat and fast, 3k (approx.) lap, a single lap per relay leg, fields and woodland

Awards: Medals to first three teams in each age category.

First three individuals in each age category.

Each team member can run once only

For further information regarding joining the Area Club who hosts competitions in your region of the UK, refer to the BMAF website [bmaf.org.uk](http://bmaf.org.uk).

*This event will be managed under UKA and WMA rules.*