

GUIDELINES FOR THE BRITISH AND IRISH MASTERS CROSS COUNTRY INTERNATIONAL

INTRODUCTION

1. An annual Masters International Cross Country race should be held between, England, Northern Ireland, Republic of Ireland, Scotland and Wales. The Event should take place each year on a date mutually agreed by representatives of the host country and the BMAF XC Secretary, who will be responsible overall for ensuring the Event, takes place to a high standard and in accordance with the following guidelines.

2. The event will be titled:

The British and Irish Masters Cross Country International

VENUE

3. The Event should be rotated between each of the participating countries. The order of rotation should be England, Republic of Ireland, Scotland, Northern Ireland and Wales.

4. In choosing a venue for the Event, the following criteria **must** be considered:

- A suitable course with adequate changing and showering facilities
- In dangerous or difficult conditions, alterations to the course shall be made in the interest of safety
- Good communications to the venue for travelling athletes
- Suitable and adequate accommodation to house all athletes and their guests
- A large venue to hold the reception or social gathering and medal presentation.

COURSE

5 Courses should cater for women and men of different ages.

6. i The distance for all women and M65+ will be 6K and men 35 – 64 will be 8K.

ii Any changes to 6 i. must be agreed at the team managers meeting the previous year and must be notified to all countries before the Event in which the changes take place.

iii Where the course permits there can be two races, all women and M65+ and M35 – 64, if not there will be three races one for Women and M65+, one for men in age categories M35-49 and one for men in the age categories M50 - 64

iv Supporting separate races can be included if so wished. Declared reserves, may run in these races, free of entry fees.

v Supporting races, involving Masters age groups, should be over the same course and distance as the International races of the same age and gender.

vi Two funnels should be provided to ease congestion at the finishing line.

MEDICAL

7 The organiser will provide First Aid facilities at the course and have contingency plans to deal with more serious medical emergencies

CATEGORIES AND AGE GROUPS

8 Competitors will race in the following categories and age groups:

Women 35-39, 40-45, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ 4 to run, 3 to score

Men 35-39, 40-44, 45-49, 50-54, 6 to run, 4 to score

Men 55-59, 60-64, 65-69, 70-74, 75+ 4 to run, 3 to score

RACE NUMBERS

9 Waterproof race numbers, worn front and back, should allow for easy identification by age group, either within the number or by separate age category identifiers.

TEAM SELECTION

10 i Whilst the event is run strictly under UKA rules for British Masters and AAI rules for the Republic of Ireland venues, all runners selected to represent their national team must be registered with a National Federation/Association.

10 ii Runners who wish to change from their original country in order to represent another country, through residency, may do so as long as they have informed their national bodies and there has been a B&IMCCI one International race gap before representation.

11. Names of all competitors are required to be forwarded to the event organiser at least three weeks in advance.

12. Changes to the selected teams to be notified to all managers at the Team managers meeting on the night prior to the raceday.

PROGRAMME

13. A programme should be available to all team managers, officials and competitors giving a race timetable, course map and information on each nation's team members by name and number.

EXPENSES

14. Unless the Event Organisers make a particular offer, each nation is expected to meet its own expenses for kit.

15. The host nation would be expected to provide some form of reception/entertainment for the visiting teams.

16. Where the race venue is some distance from travel termini, the Event Organisers should provide transport for visiting teams and supporters, if requested, and for which a charge may be made.

17. It is essential that sponsorship is obtained to assist with the funding of the event, as neither BMAF nor IMAA are in a position to provide financial guarantees. Any profit or loss made will be retained / absorbed by the host nation.

18. Only the overnight accommodation costs of the BMAF XC Secretary will be met by the host country. The BMAF XC Secretary should give an estimate of their expenses to the Event Organiser prior to the event.

GUESTS

19. The host nation is expected to invite the BMAF Cross Country Secretary and one other Senior Representative to attend the Event as guests. The host country is to only pay their overnight accommodation costs.

AWARDS

20. There are at present, three perpetual team trophies that are to be awarded at the Championships. These are:-

Men's Combined Teams Overall Winners
Women's Combined Teams Overall Winners
Overall Combined Men and Women's Teams

The method of scoring for the award of these trophies is 5 points for first team down to 1 point for the last team, scored for each race, according to team finishing position. Final result is obtained by adding all age group points together.

20i Medals to be awarded to the first three individuals and the first three teams in each age category.

20ii Team medals will be awarded on race positions of the first four team members in a team of six and the first three in a team of four, calculated on their own age group race.

20iii ALL team members, in the first three teams in each age category, will receive a medal.

20iv In the event of teams having the same number of points, the position of the last counting team member will be used to calculate the team winning order.

20v the highest placed final counter will determine the final team positions.

TEAM SCORING

21i Scoring for team purposes is to be based on each age category.

21ii Results are based on race positions, with each age group race being scored separately. In this way the scores can be calculated by comparing team positions.

21iii the team with the lowest combined points will be awarded 1 point, the second lowest 2 points, third lowest 3 points etc.

21iv Countries failing to finish a combined team or not starting a team will be placed accordingly, after the points have been awarded to all the teams which have finished.

ACCOMMODATION

22. To meet the needs of the visiting teams and supporters, the event organisers should arrange overnight accommodation, at a reduced tariff, to be available within easy reach of the venue. It is the responsibility of each participating country to book the necessary accommodation.

CHANGING ACCOMMODATION

23. Adequate changing, showering, toilet and refreshment facilities should be available close to the course, with covered accommodation suitable for clothing storage accessible at the course.

OFFICIALS

24. Officials should normally be drawn from the local Association with the main appointments filled by Chief or Grade 1 qualifiers. If necessary, assistance can be sought from other areas by agreement with the BMAF XC Secretary. Where necessary, officials should be offered travelling expenses.

RESULTS

25 i The organisers should make every effort to ensure that a full set of results are available to the BMAF XC secretary and the Team Managers shortly after the event has been run and preferably before the Award Ceremony.

25 ii any queries regarding the results should be notified to the BMAF secretary by the Team Manager or nominated representative of the country involved.

TEAM PHOTOGRAPHS

26 All athletes and Team Managers will be required to attend for official team photographs at the stated times. Proof photographs should be available at the presentation ceremony and evening reception.

TEAM MANAGER'S PACK

27. All relevant information regarding the event i.e. venue, hotel, evening reception, race times, open race etc will be posted onto the BMAF website, via the Webmaster and/or XC secretary, in a section for British and Irish Masters Cross Country International (Year) in order that all runners can have access to the information.

INSURANCE

28. The host country will be expected to arrange adequate and appropriate insurance for the event.

AMENDMENTS OF GUIDELINES

29.i Any amendment to these guidelines shall require the agreement of the National Masters Federation/Association of each of the participating countries.

29 ii Any proposal for an amendment should be sent to the BMAF XC Secretary who shall circulate it to the member countries for consideration.

29 iii Each member country will reply, to the BMAF XC Secretary, within a reasonable time, stating their acceptance / non acceptance of the proposal.

29 iiiii Proposals, made at the Team Managers meeting, and agreed by the member countries, at the meeting, shall be included in the guidelines for the following year and will be notified to all participating countries National Masters Federation/Associations, by the BMAF XC Secretary.