

14th BMAF CROSS COUNTRY RELAY CHAMPIONSHIPS

Organised by *Mansfield Harriers AC* under UKA & BMAF
Rules



Berry Hill Park, Mansfield Saturday 3rd October 2009

- Age Groups** W35+ (3 stages), W45+ (3 stages), W55+ (3 stages), M35+ (4 stages), M40+ (6 stages), M50+ (4 stages), M60+ (3 stages) M70+ (3 stages). All ages as on the day of race. You may enter & compete in a younger age group if you wish, but may only run for one team. Multiple team entries in any age group welcome - please photocopy the attached entry form.
- Clubs** First claim and UKA Registered members only. Club vests must be worn.
- Teams** You may enter more than the required number of competitors entitled to compete in each age group team. Each runner may only run one stage. Runners may down age but can only run in one race. **Entries from B teams** will be accepted.
Cost for B team entries are ½ original entry fee i.e. M40+ £12
- Start times** **12.30pm:** W35+, W45+, W55+, M60+, M70+. **1.30pm:** M35+, M40+, M50+
- Course** Each stage covers approx 4k
- Declarations** Names & running order to be declared **no later** than 15 minutes before each race start time. No changes may be made after declarations have been submitted.
- Awards** BMAF medals for the first three teams in each age group. Additional medals for the fastest 3 stages in each age group.
- Results** Full results listings may be available after the event and one set of results will be posted to each participating club.
- Entry fees** **£4 per team member.** W35+, W45+, W55+, M60+, M70+ = £12 per team. M35+ = £16 per team. M40+ = £24 per team, M50+ = £16 per team. Cheques payable to. **Mansfield Harriers AC**
- Entry forms** Please send your cheque and completed Entry Form to **Race Director 2009 BMAF XC Relays, 28 Vale Close, Mansfield, Notts, NG18 4HR** with 2 stamped self-addressed envelopes (A5 or larger). **Closing date – postmarked 21st September 2009. NO LATE ENTRIES.**
- Enquiries** Please call **BMAF XC Secretary 01223 234856**