

Event: **scottishathletics NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS**
 Venue: **KIRKCALDY (Balwearie High School) KY2 5LY**
 Date: **SATURDAY 5th February 2011**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Women (over 40) & Men M65 and over	13.00	13.30	6,000 metres	£4.50 per athlete
Men (over 40) up to M60	13.45	14.15	8,000 "	£4.50 per athlete

IMPORTANT NOTES

The Women's Races and the Men's M65 and over Races will be run together.

Teams are, Women 3 to score, Men 4 to score.

1st Team medals will be awarded for Men M50 and M60, 3 to score.

Age category medals (1st, 2nd and 3rd) will be awarded in each age category regardless of number of athletes entered or competing.

Accurate and clear Dates of Birth on entry forms please for age category results.

NOTES

(1) Athletes who compete in an SAL championship **MUST** be a current member of the Scottish Athletics Membership Scheme. Furthermore, an entered athlete **MUST** not be substituted by a non-entered athlete at any time.

Non observance of the above leaves the whole field and the officials uninsured in the event of an accident, leaves the athlete at a health risk in the case of a wrong identification of the athlete, and makes the results invalid as an historic record.

The above two issues are so important that the RR&CC Commission asks Club Secretaries and team managers for co-operation in enforcing these rules.

The Commission will, however, closely monitor athletes and Clubs not observing these rules. Any transgression may result in a disciplinary procedure.

(2) No acknowledgement of entries will be sent unless a SAE is enclosed with the entries.

For an e-mail acknowledgement e-mail alex.jackson@ed.ac.uk

(3) Entries by post please with cheque enclosed to the address below.

Entries close first post on **SATURDAY 22nd JANUARY 2011** with

Alex Jackson

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Park Crescent

Edinburgh EH17 8SY e-mail alex.jackson@ed.ac.uk

NO LATE ENTRIES

Cheques to be made payable to
 'Scottish Athletics'