

Event: **scottishathletics NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS**

Venue: **FORRES (Grant Park)**

Date: **SATURDAY 6th February 2010**

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE	ENTRY FEE
Women (over 35)	1.00	1.30	6,400 metres	£4.50 per athlete
Men (over 35)	1.45	2.15	10,000 "	£4.50 per athlete

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

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

Declarations at the Town Hall, close to the Start in Grant Park. Course mainly in the park. Changing at Soccer 7s pavilion in Grant Park.

IMPORTANT NOTES

(1) Athletes who compete in an SAL championship **MUST** be current members 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 23rd JANUARY 2010 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'

