



**MASTERS CROSS
COUNTRY
CHAMPIONSHIPS
SAT.20TH JANUARY 2018
AT LANCING MANOR**

QUALIFICATION & AFFILIATION

All athletes must have a Sussex County affiliation through either birth or nine months continuous residence in the county prior to the date of competition and must also be affiliated to England Athletics via their club. Club vests must be worn.

ENTRY FEES

£6 - Advance entry only – entries will close 16th January 2018.

ON-LINE ENTRY is available this year

https://entries.opentrack.run/2018/sussex_masters_xc/

(please cut and paste this link into your browser if you cannot connect directly).

TIMETABLE

1:00 pm	Masters Men	– over 50 and over 60	5M / 8k
1:40	Masters Women	– over 35, over 45, over 55	4M / 6.4k
2:10	Masters Men	- over 40	6M / 9.6k

Ages as of date of race.

Team managers are asked to advise athletes with disabilities who wish to enter that they should contact the Entries Secretary on 07936 863862 to discuss the individual implications of the disability risk assessment.

INDIVIDUAL & TEAM AWARDS

Medals will be awarded to first three individuals and also to the first three teams in each age group – three to score except o40 men (four to score). Club vests must be worn to be eligible for awards.

Please note the change from previous years, when o45 & o55 women were combined for team awards.

Presentation of awards will take place as soon as is practical after the results are available and proceedings allow.

Any queries contact the meeting manager on 07936 863862 or kadonno79@gmail.com

Any on-line entry issues email: Administrator@SussexAA Sussex County