BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

Saturday 18 March 2017
WAVERTREE PLAYGROUND
LIVERPOOL
Wellington Road, Wavertree L15 5AL

(Under UKA rules: Permit No. 2017034)

Assisted by Merseyside AA and Liverpool Harriers & AC

OPEN to ALL MASTERS

(Men and Women over 35 years of age on race day)

All race entries taken online via the BMAF OpenTrack system

Access from the BMAF website at bmaf.org.uk, click "MEMBER LOGIN"

RACE 1	6 km	WOMEN (all ages) and MEN 65+	12.00 noon
RACE 2	8 km	MEN 35 - 64	1.00 pm

ENTRY FEES	Members of a BMAF Area Club	**£12.00**
	Open Competitors	**£15.00**

All competitors MUST have a valid UKA Competition Licence through England/Scottish/Welsh Athletics or Athletics NI or hold a British qualification (UK passport holder and eligible to compete for GB)
OPEN Competitors must provide proof of UK eligibility via passport or birth certificate
New OPEN competitors please register online in OpenTrack first; allow additional time to make registration and have this validated by BMAF before you will be able to make your entry *(submit scan of passport or birth certificate to* memsec@bmaf.org.uk *)*

THERE WILL BE NO LATE ENTRIES ALLOWED

BMAF Individual Awards to the first three BMAF in each five-year age group
BMAF Team Awards for the first three teams (three to count) in the following age groups:
W35-44; W45-54; W55-64; W65-74; W75+; M35-44; M45-54; M55-64; M65-74; M75+
Teams can be made up of a mix of BMAF and OPEN competitors; UKA Clubs (inc. BMAF Area Clubs)

Closing Date for all entries: Sunday 5th March 2017
Entries will not be accepted after this date. **No entries on the day.**

YOUNGER TEAM DECLARATION M35-44, M45-54, M55-64, M65-74
W35-44, W45-54 W55-64, W65-74
TEAMS MUST BE DECLARED BY 11 am ON 18TH MARCH,
OR EARLIER BY EMAIL, TEXT OR PHONE IF POSSIBLE

Race Director: Alex Rowe at alex.rowe@talktalk.net or 07811 550315