



Event: **scottishathletics NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS**  
Venue: **KILMARNOCK (St Joseph's Academy, Grassyards Road, KA3 7SL)**  
Date: **SATURDAY 4<sup>th</sup> February 2012**

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.

1<sup>st</sup> Team medals will be awarded for combined Men M50, M55, M60 - 3 to score.

Age category medals (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) 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](mailto:alex.jackson@ed.ac.uk)

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

Entries close first post on SATURDAY 21<sup>st</sup> JANUARY 2012 with

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**NO LATE ENTRIES**  
Cheques to be made payable to  
'Scottish Athletics'