

SOUTHERN CROSS COUNTRY MASTERS CHAMPIONSHIPS

Saturday 10th December 2022

at Horspath, Oxford OX4 2RR

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

* CLOSING DATE FOR ENTRIES IS FRIDAY 25th NOVEMBER 2022 *

TIMETABLE, ENTRY FEES & AGE GROUPS –

Please note the start times may be subject to change.

11:45am	Women 40 plus, 50 plus, 60 plus, Men 70 plus	approx. 6km
14:10pm	Men 40 plus, 50 plus, 60 plus	approx. 10km

In accordance with UKA rules age is determined by age on the day of Competition.

Individual awards will be made in five year age bands up to 69. Gold, Silver and Bronze (1st, 2nd and 3rd) 70+ Counts as one band.

Team awards (3 to score) (1st, 2nd, 3rd) awards will be in ten year age bands (40/50/60)

Entry Fee is £9.00 per person (NO TEAM FEE)

CONDITIONS & DETAILS

Meeting will be held under UKA Rules.

Only one team per club in each age band will be eligible for an award.

All competing athletes must be first claim members of their club and registered with England Athletics.

Anyone whose transfer has been approved by England Athletics but is ineligible for team competition may be entered as an individual

Entries on the day will not be accepted.

An athlete may ONLY compete in one age group – e.g. an over 50 woman may compete for the over 40 women's team but may ONLY score as an individual in that particular age group i.e. over 40 team.

Runners, who wish to count for a younger team instead of their own age group, **MUST** declare this on the entry form and this CANNOT be changed on the DAY. **This means that you can only qualify for the medal in the team race for which you are entered.**

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.