

BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 13th MARCH 2010

(under UKA rules, permit applied for)

Organised by NIMAA at Stormont Estate, Belfast, Northern Ireland

OPEN to ALL MASTERS

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

RACE 1 6km	WOMEN (all ages) and MEN over 70	12.00
RACE 2 8km	MEN 50 - 69	12.45
RACE 3 8km	MEN 35 - 49	14.00

ENTRY FEES Members of a Masters/Veteran Club £7.00

All other competitors who must include proof of age £9.00

e.g. photocopy of birth certificate, driving licence, passport etc

BMAF Individual Awards to the first three in each five year age group

BMAF Team Awards for the first three teams, M35 -39 (3 to count)

M40 -49 , (4 to count), M50-59, M60-69, M70+, W35 - 44, W45 - 54, W 55 + (three to count)

BMAF Championship competitors in M 40-49, M50-59, M60-69, M70+ W 45-54, W 55+ who wish to count for M35-39, M40-49, M50-59, M60-69, W35-44 and W45-54 teams instead of their own age group, **must declare on the entry form. NB Runners in age category M50+ who wish to down age to M40-49 age group team MUST run in race 3 Men 35-49 in order to qualify for the team event.**

SAE (9x6) required for race number, confirmation and travel directions. **Please ensure correct postage or entry will not be collected.**

Send completed entry form to: **BMAF XC Championships c/o Race Director, 1 Wilmont Park, Dunmurry, Belfast, BT17 9JW.**

Cheques made payable to: NIMAA

Closing Date : 1st March, 2010

Entries will not be accepted after this date. **No entries on the day.** Confirmation will be sent out after closing date.

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BMAF 2010 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on **13th March 2010**. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Surname _____ First name _____ M/F _____

Age on 13/3/2010 _____ D.O.B. _____ Age Group _____

Address _____

_____ Post Code _____

Email address _____

First Claim UKA club _____ UKA Reg. No. _____

BMAF Club _____ Membership No. _____

YOUNGER TEAM DECLARATION M 35-39, M40-49, M50-59, M60 - 69W35-44, W45-54

I enclose a race fee of £ _____. Tel: (day) _____ (evening) _____

I confirm the above details are correct. Signed _____ Date _____