



ENGLAND MASTERS ATHLETICS ASSOCIATION

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ENGLAND MASTERS CROSS COUNTRY TEAM SELECTION RACE

The EMMA cross country team selection process has been changed and there will now be a selection race for the team to compete in the 2022 British & Irish Masters Cross Country International to be held in Dublin on 12th November.

The selection race will be held on Saturday 15th October 2022 and it will be incorporated within the North Midlands Cross Country League.

The team will be selected in all 5 year age categories. The venue will for the race will be Markeaton Park, Kedlesdon Road, Derby DE22.

Parking for athletes will be available at Markeaton Island (2 meter high restriction) up to 4 hours - £3.80 and Munday Play Centre which is 500 metres from the course, but nearest to the park toilets.

Race distances will be – All women's age categories and men 65 to 75 plus – 6k.

Men 35 to 64 – 9.8k.

The race start times will be 13.50 for the 6k race and 14.20 for the 9,8k race.

Race entry fee - £5 (UKA registered athletes).

Race numbers must be collected on the day from the race reception desk from 11.45am to 1.00pm prompt.

Entry is via the BMAF Open Track system only and the closing date is Monday 26th September.

In order for the area selectors to have sufficient information in respect of athlete's results, it will be necessary for all athletes to complete the attached form. **This is required from both those who are competing in the selection race and those who are not able to compete in the event, but would wish to be considered for selection.**

Selection will be as follows:

The first four from the teams of six will be automatically selected.

The first three from the teams of four will be automatically selected.¹

Age categories for teams of six are - M35, M40, M45, and M50.

Age categories for teams of four are – W35 to W75 plus and M55, M60, M65, M70, M75 plus.

The remainder of the teams and reserves will then be selected by the area selectors immediately after the event by considering the information provided on the forms.

Please supply details of all performances that you feel are relevant, including 5k and 10k road, cross country etc.

**ENGLAND MASTERS CROSS COUNTRY TEAM SELECTION – 2022
APPLICATION FORM**

Full Name.....

Address

.....post code.....

Date of birth – DD/MM/YYYY..... Male/Female (delete as necessary)

Age category – W35, W40, W45, W50, W55, W60, W65, W70, W75 - Circle category

“ “ - M35, M40, M45, M50, M55, M60, M65, M70, M75 – Circle category

Telephone number.....

Email address.....

UKA club.....Registration number.....

BMAF Area Club.....Membership number.....

Relevant performances:

Date _____ Event _____ Distance _____ Time _____ Position

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