



Northern Masters AC



Cross Country Championships

Sunday 11th February 2018

Hosted by East Cheshire Harriers

The course is a 2k loop, so 5 laps for the 10k and two and a bit for 5k. The course is mainly flat with a couple of small rises.

Venue: East Cheshire Harriers H.Q, based at the Richmond Park Stadium, Ashton-u-Lyne OL7 9HG. There are good facilities here for both Male and Female competitors.

Entry fee: £6.00 Cheque payable to NMAC. Numbers to be collected on the day...

Guest Masters runners from other clubs allowed but no medals.

Closing Date 5th February 2018

RACES START AT 11.00 A.M.

Individual and team awards in 5 year age groups.

4 to score M35, M40, M45, M50, M55.

3 to score M60+ and Ladies.

Men over 70 and all ladies to do 5k



NMAC Online:

www.northernmasters.co.uk

twitter.com/NMAC_Athletic,

www.facebook.com/groups/NorthernMasters



Other NMAC Events:

21/01/2018 NMAC Half Marathon Championship Helsby

18/03/2018 NMAC 10 Mile Championship Bispham

Various (Summer) - Northern Masters Track Series

See also www.bmaf.org.uk/fixtures