



NORTHERN MASTERS CROSS COUNTRY
CHAMPIONSHIPS
SATURDAY 09th FEBRUARY 2019

**Venue; Knights Grange Leisure Complex, Winsford, Cheshire,
 CW7 2PT**

There are good facilities for both Male and Female competitors. Showers may not be available. The course is mainly flat with a couple of small rises.

Distance / Start Times: 11.00 A.M. Ladies & Men 70+ 5K
12.00A.M. Men's 35 – 65 8K

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

AWARDS TO FIRST TEAM IN EACH AGE GROUP.

Mixed age group teams to be declared on the day.



Don't forget you must have paid your subs to enter!!!

NAME.....D.O.B.....AGE on DAY.....

ADDRESS.....

.....M/F.....N.M.A.C. No.....

1st Claim Club.....CONTACT No.....

Entry fee £6.00 Cheque/P.O. payable to NMAC. Numbers on the day.

Guest runners from other vet's clubs allowed, but no medals. Closing Date 6th Feb.

Entries to: D.Flitscroft,10 Parkstone Close, Ainsworth Chase, Bury, BL8 2UR.

Online entries Email: daveflitscroft@sky.com

“You agree that we may publish your personal information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events Results may include (but not limited to) name, any club affiliation, race times, occupation, and age category”.