



British and Irish Masters Cross Country International

There will be a trial race to select the England team for the International Cross Country which is to be held in Dublin on 13th November.

The trial race will be held on **16th October** at Markeaton Park, Keddleton Road, Derby DE22 4AA, and will be incorporated within the North Midlands cross country league fixture.

Enter the race via OpenTrack. No entries on the day. The closing date is **Friday 1st October**.

The first 3 athletes from each 5-year age category in race 1 and in categories M55 and M60 in race 2 will be selected.

The first 4 athletes in the other 5-year age categories M35 up to M50 in race 2 will be selected.

Immediately following the last race the selectors will choose one additional athlete for the M55 + and M60+ and the women's teams and two additional athletes for the younger men's teams of six, as well as up to three reserves in each age category.

All athletes will need to complete a selection form giving their details and performances for the current year. This includes those racing in the trial race.

Attached are

1. A letter from Kim Matthews, EMAA Cross Country Secretary, giving more details about the selection process and the trial race.
2. The selection form on which to record your performances.

If you would like to be considered for selection,

1. Enter the trial race in OpenTrack before 24th September
2. Please email Mick Jefferies with the completed selection form attached

Kind Regards
Mick Jefferies, SCVAC Cross Country Secretary

Michael Jefferies
SCVAC Cross Country Secretary

Website: <http://www.scvac.org.uk/>