

**Road Running and Cross Country Commission**  
**Masters National Cross Country Championships**

Masters Championships will be held in 5 year categories for athletes on or over 40 on the day of the race. Athletes will compete only in their own 5 year age category for both individual and team races but races may be combined for brevity. From October 2017 the following will be adopted:

- M40, M45, M50, M55, M60 will run together over 8,000 metres
- All women + M65, M70 etc will run together over 6,000 metres

**Team medals** will be awarded as follows

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals for teams of 4 in the combined men's age groups M40, M45.
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals for teams of 3 in the combined men's age groups M50 M55, M60.
- The two men's team races will be scored separately without interference from other age groups.
- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals for teams of 3 to count in the combined women's age groups W40, W45.
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals for teams of 3 in the combined women's age groups M50 W55, W60+.
- The two women's team races will be scored separately without interference from other age groups.
- The Teviotdale Harriers Shield will be presented to the 1<sup>st</sup> team in the men's M40-M60 race

**Individual medals**

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded in all 5 year age categories
- The Jock Semple Quaich will be presented to the 1<sup>st</sup> finisher in the M40 - M60 race
- The SWCC & RRA Vets Cup will be presented to the 1<sup>st</sup> finisher in the Women's race