**Guidelines for the EAMA Inter-Area Cross Country**

* 1. The event will be sponsored by EAMA and hosted by one of the England Masters/Veterans clubs. The choice of distance will be left to the host club
	2. Members of all BMAF area clubs and regional associations will be invited to participate
	3. Runners will enter the event as individuals. Runners must be paid up or life members of the club they represent and have a current UKA registration
	4. The use of club vests should be encouraged by all teams but is not mandatory
	5. There will be separate teams for men and women. Each team will consist of a minimum of 6 and a maximum of 10 scorers
	6. All competitors will be ranked by their age-graded percentage, rounded to one decimal place, based on the distance run and their age on the day of competition
	7. The score for each team will be calculated as the average of the team’s age graded percentages, rounded to 1 decimal place. If there are more than 10 members of a club competing the best 10 age graded percentages will be used. Thus, each team is self-selected as a result of their performance relative to other team members
	8. The winning area will be the one with the HIGHEST average of their men’s and women’s scores
	9. In the event of two or more area clubs having the same highest overall average score, the winning team will be the one who has the best age graded performance of the runners in the teams who are tied
	10. Prize certificates will be awarded to all scoring competitors of the winning area club
	11. A trophy will also be awarded to the winning team to be held for one year
	12. Profits or loss from the event will be split 50/50 between the organising club and EAMA after all expenses have been paid