**The Midland 5 & 7 mile xc championships will be held on the 17th November 2018.**

The race will also be host to a **Midland inter-county event** and will be open to all runners who have Midland counties qualification from any of the 10 counties listed below.

Avon Nottinghamshire

Gloucestershire Shropshire

Herefordshire Staffordshire

Leicestershire & Rutland Warwickshire

Northamptonshire Worcestershire

**Entry to the event this will be on the 5 & 7 entry form and is as simple as writing down your county in the appropriate space provided.**

The first 4 past the finish line will count for the county team.

The first three teams will receive MCAA inter-county medals.

**Those runners who have been barred from scoring in the Midland 7 event are still eligible for the inter-county event.**

The Midland 7 mile xc champs was created as a junior event. It has what some might describe as an odd rule that the winner be barred for the following four seasons. This was implemented to give other runners and teams a chance at winning and supports the idea of it being an event for junior clubs. The past few years has seen the likes of Hermitage and Cannock and Staffs take advantage of this rule and go on to achieve something which may not have been possible at the main championships in January.

The event has grown considerably over the past few years and we will now look to building the event at Bulwell, Nottingham with the inter-county element.

We look forward to seeing you all at Bulwell Park, Nottingham on the 17th November.

MCCCA