

BRITISH MASTERS OPENTRACK 10,000m CHAMPIONSHIPS

Saturday September 21st 2019

Monkton Stadium, Dene Terrace, Jarrow NE32 5NJ

ENTRIES: online BMAF OPENTRACK
(BMAF website, events/fixtures)

FEES: £10 for BMAF members
£13 for OPEN master`s competitors

ENTRIES CLOSE: Sunday September 15th

AGE GROUPS: Men and women, 5-year age categories

This event also incorporates the NEMAA 10,000m Championships for paid up NEMAA members and is part of the NECAA/NEMAA Multi event championships

RACE TIMES: Provisional times
12.00 W35+ M65+
14.00 M50, M55, M60
15.00 M35, M 40, M45

(Due to the excellent entry, the women`s and M65+`s start times may need to be adjusted.)

REGISTRATION: Number collection on the day, registration will close 45 minutes before each race

PRESENTATIONS As soon as possible after each race

ENTRY ENQUIRIES pkennedy@bmaf.org.uk

GENERAL ENQUIRIES:

Archie Jenkins

archiemeadowriggs@btinternet.com

Monkton Stadium is close to the A19 and routes to Newcastle (20 minutes). Site parking costs 70p for the whole day. The nearest METRO station is JARROW followed by a 20minutes` walk