

# BRITISH MASTERS ATHLETIC FEDERATION

	<b>Affiliated to:</b> World Masters Athletics and European Masters Athletics
	<b>Chairman:</b> Arthur Kimber <b>Honorary Secretary:</b> Bridget Cushen <b>Hon. Treasurer:</b> David Oxland <b>Race Walking Secretary:</b> Ian Richards
<b>Website:</b> bmaf.org.uk	

## BMAF Long Distance Race Walking Championships – 20 miles (B rules) 18<sup>th</sup> August 2019 at 8.00 am – Castletown, Isle of Man Medals awarded for each 5 year age group

(Incorporated in the Tower Insurance Isle of Man Open 100 Mile Race Walk)

Competitors must:-

- be paid up members of a masters' club affiliated to the British Masters Athletic Federation (which includes the Isle of Man Veteran Athletes' Club)
- enter the 20 mile race incorporated in the Tower Insurance Isle of Man Open 100 Mile Race Walk. On line entry at <http://www.isleofman100milewalk.co.uk/13.html>
- complete the entry below

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### ENTRY FORM – BMAF Long Distance Race Walking Championships – 20 miles

First name ..... Surname .....

Address .....

..... Post Code .....

Telephone number ..... Mobile .....

e-mail address .....

Sex (M/F/Other) ..... Date of birth ..... Age on 18.8.19 .....

Masters Club ..... Masters Club No ..... EA Number .....

Declaration: I confirm that I have entered the 20 mile race incorporated in the Tower Insurance Isle of Man Open 100 Mile Race Walk. I agree that that I am entering the race at my own risk and that neither the BMAF, it's officers or volunteer helpers will be held responsible for any injury or illness nor damage to or . loss of property resulting from this event.

Signed ..... Date .....

BMAF Championship Entry Fee £2 (payable on race day or by cheque with the entry form made payable to Ian Richards – as the BMAF's bank charges a 50p fee for every cheque paid in, Ian Richards will pay cheques into his personal account and pay a single cheque to the BMAF)

**Entries by 12<sup>th</sup> August to**

**Ian Richards, 24, Pevensey Road, Worthing, BN11 5NS e-mail: [ianrichards.racewalker@virginmedia.com](mailto:ianrichards.racewalker@virginmedia.com)**