

BMAF TRACK 10k CHAMPIONSHIPS

SATURDAY 16th SEPTEMBER, MONKTON STADIUM, JARROW

ALL MASTERS FIVE YEAR AGE GROUPS MALE and FEMALE

11.00 W35+ M65+

14.00 M50, M55, M60

15.00 M35, M40, M45

ONLINE ENTRIES ONLY (bmaf.info Fixtures)

This championship will be incorporated in the NECAA/NEMAA Pentathlon Championships, including the NEMAA Track 10k (M35-64) and Track 5k (W35+, M65+) championships.

NEMAA championship medals will only be awarded to bona fide NEMAA members.

REGISTRATION (number collection on the day) will close 45 minutes before each race.

MEDAL PRESENTATIONS will take place as soon as possible.

MONKTON STADIUM

DENE TERRACE

JARROW

TYNE & WEAR

NE32 5NJ

Travelling BY CAR, Monkton Stadium is located adjacent to the B1516 and it is within 15/20 minutes of Newcastle and Gateshead.

The stadium can be easily reached from the A19, A1 north and south and A69.

Site CAR PARKING costs 70p for the whole day.

BY METRO, the nearest Metro station is Jarrow followed by a 20-minute walk.