



England Athletics Masters Association

Form 1

Kim Matthews, EAMA Cross Country Secretary kimrunner11@hotmail.co.uk - 07443657978

Dear Masters Athlete,

Thank you for expressing an interest in being considered for selection for the England Masters cross country team in connection with the International to be held at **Southport, England on Saturday 16th November 2019**. Teams will be selected by a panel of selectors representing each Area Club of England. Selectors will take into consideration performances at BMAF **championship events, Cross Country, 5K and 10K road races**. These races will have a greater priority in the selection process so runners competing in these events will have a stronger case for selection.

However, EAMA is aware that these races take part early in the year and are mainly in the North. This may mean a great deal of time and expense in attending these races. EAMA has selected races later in the season and regionally based so that runners may have an opportunity to compete in these events as well. The additional regional events are – Caterham Rotary 10k road race at Redhill Aerodrome (Surrey) on 21st July and Stratford's Big 10k road race at Stratford-upon-Avon Recreation Ground (Warwickshire) on 8th September.

2018 was a challenging year for selection as very few athletes raced head to head with fellow age competitors and thus it was difficult to compare performances in some age groups. Athletes often use Power of 10 to show where they are nationally. As all courses are different it is not easy to draw comparisons unless every applicant is on the same course at the same time on the same day. That is why EAMA has selected certain races in order to try and compare athletes. Please look out in your area club newsletters/online info or the EAMA/BMAF web sites for information regarding these races. EAMA would like to emphasise that none of these races are a selection trial as such, but the results are considered as part of the selection process.

You can see from the details of the selectors that some of them are prepared to accept applications by email as well as by post. **If you are sending in a postal application, please ensure that you supply a reply-paid envelope with the correct postage (single folded sheet of A4)**. Postal applications will receive a postal reply. Applicants whose forms are sent via email will be informed by return email so make sure your email address is accurate on your application form.

Only Form 3, Racing Record and Form 4, Data Protection agreement need be returned.

It is important that all athletes wishing to be selected are paid-up members of their respective Masters/Veteran Area Club or Association and are UKA registered. Applications must be made on the official form which must be fully completed and sent to the relevant Area Club/Association representative named below by 27th September at the latest. Applications received after this date will not be considered. Please ensure you supply a reply-paid envelope with the correct postage.

Good luck with your application and with your training and racing during the coming months.

Yours Sincerely,
Kim Matthews
EAMA Cross Country Secretary.

Please do not return this page with your application



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Here are the details of the selectors from your Area Club. You can contact them directly for the information and forms which you will need to complete for your application to be considered for selection.

You can also obtain these forms from the EAMA/BMAF websites on the Cross Country link in case you make an error filling them in or lose the information about the event.

Please send all completed forms to **your Area Club selector** who will put forward your case for selection at the selection meeting.

Do not forget that all postal applications MUST INCLUDE a stamped addressed envelope with the correct postage (normal weight single sheet of A4).

CLUB	AREA SELECTOR	ADDRESS EMAIL ADDRESS
EMAC	Ty Farrer	20, Trinity Way, Papworth Everard, Cambs CB23 3AR Ty.Farrer@uk.mcd.com
Isle of Man	Mo Kelly	47, Ballacriy Park, Colby, Isle of Man IM9 4LX mokelly@manx.net
MMAC	Mick Smedley	12a Bagshaw Street, Crewton, Derby DE24 8TX
NEMAA	Kim Matthews	7, Spencers View, Stella Riverside, Blaydon on Tyne, NE21 4FT kimrunner11@hotmail.co.uk
NMAC	Sue Cordingley	Coiners House, 12 Coiners Fold, Mytholmroyd, West Yorkshire, HX7 5BS suebeconsall@btinternet.com
SCVAC	Michael Jefferies	5, Cornflower Close, Weaving, Maidstone, Kent ME14 5UL jefferies_478@hotmail.com
SWVAC	Alison White	6, Hillcrest Gardens, Exmouth, Devon EX8 4FE ali.white@btinternet.com
VAC	Mike Mann	90 Crescent Lane, London SW4 9PL mcmann90@yahoo.co.uk
Team Managers	David & Ruth Lesley	19, Glenbervie Drive, Leigh – on – Sea, Essex SS9 3JU dlesley@toucansurf.com

