

**EMAC TRACK & FIELD CHAMPIONSHIPS  
SATURDAY 11<sup>TH</sup> AUGUST GARON PARK..SOUTHEND**

1<sup>st</sup> Field Event 11.00.a.m. 1<sup>st</sup> Track Event 11.30.a.m

**MASTERS ATHLETES POSTAL ENTRY FORM**

**Fees EMAC/BMAF MEMBERS £8 00 1<sup>st</sup> Event £4.00 each subsequent event.  
Fees NON BMAF MEMBERS £10.00 1<sup>st</sup> Event £4.00 for each subsequent event .e.g.  
Any Athlete who is a 1<sup>st</sup> Claim Member of a UK Athletic Club and who is not a  
member of a BMAF Masters Club. Athletes Race Number**

PRINT FULL NAME \_\_\_\_\_

MALE/FEMALE \_\_\_\_\_ Date of Birth, \_\_\_\_\_ . MASTERS AGE CAT \_\_\_\_\_ .

ATHLETIC CLUB \_\_\_\_\_ EA Reg Number. \_\_\_\_\_

EMAC / BMAF NUMBER.....E.Mail Address \_\_\_\_\_

EVENTS		Time	Please Tick Event Entered	Enter best two performances last two years
100m	M&W	12.45		
200m	M&W	14.30		
400m	M&W	15.30		
800m	M&W	12.10		
1500m	M&W	15.10		
3000m	M&W 1 Race	13.40		
2K Walk	M&W 1 Race	13.20		
110m Hurdles	M35-49	14.00		
100m Hurdles	M50-69, W35-39	14.10		
80m Hurdles	M70+, W40+	14.20		
400mHurdles	M35-59 W35-49	12.00		
300mHurdles	M60-79 W50-69	11.45		
200mHurdles	M80+W70+	11.30		
HAMMER	Men14.30	W.15.30		
SHOT	Men 13:00	W.14.30		
DISCUS	Men11.00	W.13.15		
JAVELIN	Men12.30	W.13.30		
LONG JUMP	Men.13.00	W.11.00		
HIGH JUMP	Men.12.30	W.13.30		
POLE VAULT	Men.11.00	W.11.00		
TRIPLE JUMP	Men.14.00	W.12.30		

Each athlete is allowed four jumps or throws in field events.

**CLOSING DATE: FRIDAY 3rd AUGUST 2018. PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED**

Please post the completed entry form and cheque payable to "Southend A.C" to: EMAC T&F Championships. 25 Grasmoad Avenue, Leigh-on-Sea, SS9 3LA.

State clearly which events you want to be entered into and your best performances in last two years. Important. Please enclose a 110mm X 220mm(DL) 2<sup>nd</sup> Class stamped addressed envelope if an acknowledgment is required.

It is the responsibility of individual athletes to determine that they are medically fit enough to contest these events.

Any Queries . John Brock E-Mail [johna.brock@virgin.net](mailto:johna.brock@virgin.net)