



# BRITISH MASTERS ATHLETICS FEDERATION

President: Paul Dickenson  
Chairman: Arthur Kimber  
Honorary Secretary: Bridget Cushen  
Treasurer: Danny Herman

Affiliated to: World Masters Athletics  
European Veterans Athletic Association

Website: [www.bmaf.org.uk](http://www.bmaf.org.uk)

## ***ARE YOU AGED 35 YEARS OR OVER? IF SO, READ ON***

We are a Federation of geographical located clubs covering Great Britain & N. Ireland

Our remit is to encourage, promote and regulate athletics in **5-year age categories** for men and women aged 35 years and over.

Whatever your current level of fitness you are welcome to join one of our clubs and compete against people in your age group. We have member aged from 35 through to their late Eighties who still compete.

We cover the whole spectrum of athletics from running 60m indoor up to the marathon, road races, cross-country, race walking, jumping, hurdling, throwing the javelin, discus etc. Each of our clubs organises local events. We hold 14 different championships throughout the year covering all disciplines of the sport.

You may like to travel the world with the large British Masters team to compete in the biennial European or World Indoor or Track & Field & Championship. Meet other like-minded people from up to 100 different countries. Run the marathon at the next World Masters Athletics Track & Field Championships in Lyon in 2015 and/or be part of your age group sprint relays, cross-country or Race Walking team.

If you are a keen cross-country runner you will have an opportunity to run for England, Scotland, Wales or N. Ireland in the annual British & Irish Masters International Cross-Country, but age group team are limited to 4 or 6 per age group team for this race.

Other benefits: a free quarterly copy of Masters Athletics posted direct to your home.

See our web site [www.bmaf.org.uk](http://www.bmaf.org.uk) for your nearest club or more information.

Need more information? Contact Bridget Cushen on 020 8683 2602

***PROMOTING LIFE LONG COMPETITIVE ATHLETICS, engendering international friendship and understanding, meeting new like-minded people at home and all over the world.***