



BRITISH MASTERS ATHLETICS FEDERATION

President: Paul Dickenson
Chairman: Arthur Kimber
Honorary Secretary: Bridget Cushen
Treasurer: David Oxland

Affiliated to: World Masters Athletics
European Masters Athletics

Website: 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 members aged from 35 through to their nineties 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 half marathon at the next World Masters Athletics Track & Field Championships 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: "Masters Athletics" published online and on paper four times per year, and a discount on subscriptions to Athletics Weekly

See our web site 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.