



MASTERS ATHLETICS IN THE UK

Many people find they come to running later in life or resume running after a break from running as a child/young adult due to family/work commitments, joining the few who have competed all their lives, and often find they would like to compete in road races against other athletes of a similar age. The same occurs in all the athletics disciplines – track & field events (outdoors and indoor), race walking, cross country and trail running. Since 1931, when the Veterans Athletics Club was established, this has been possible not just as an afterthought in senior athletics competitions, but in dedicated masters athletics events.

To see what this means to one such masters athlete click [here](#) to watch the video he made.

The British Masters Athletics Federation was set up with the agreement of UK Athletics to administer the sport in the UK. The BMAF promotes, organises, and regulates masters athletics and it has three semi-autonomous regional associations, covering Wales, Scotland, Northern Ireland and eight area clubs in England, covering London, South, South West, East, Midlands, North, North East and Isle of Man.

The cost of area club membership varies, but is generally around £20 p.a. Area club members are then automatically members of the BMAF without further payment and are eligible to compete in area, inter area, national and international championships. The individual championships are open to everyone of the right age; there are no qualifying standards required to enter, even at international level.

Most masters athletes are members of a senior club as well and these clubs can help their members by entering teams in the British Masters Athletics road championships, road and cross-country relays and the county masters track and field leagues, where they exist.

World athletics rules define masters athletics as starting at age 35 for both men and women. Competition is in five-year age groups, i.e. 35-39, 40-44, etc. up to 100+, because of the relative decline in performance that comes as one gets older. BMAF competitions adhere to IAAF/UKA rules, with the exceptions permitted by World Masters Athletics, the organisation designated by the IAAF to conduct the sport worldwide. In addition to the 5-year age bands, the rules allow for shorter hurdles races, with lower hurdle heights, reduced weights of throwing equipment and one additional instrument the “Heavy Hammer”, which enables throws pentathlon competitions to take place.

British teams are very successful in international championships, usually finishing in the top three. In 2017 they were second on both occasions in the World Masters Indoor Track and Field Championships in South Korea and the European Masters Outdoor Track and Field Championship Denmark. In 2018, they achieved first place in the medals table for the World Masters Track & Field Championships in Malaga, Spain.

Many of those competing are European and world record holders in their events for their age group and the levels they achieve are obliging the WMA to make regular revisions to the aged-grading tables used in parkruns and other competitions, which allow everyone to judge their own performance, independent of their age.

The BMAF and the regional associations are also supported by the home country athletics federations to a limited extent wherever the competition is based on selection - for instance the annual track & field inter-area challenge events and the British and Irish Cross Country International. England Athletics holds England masters age-group competitions in the marathon, half marathon and 10km against the “Celtic” nations.

The masters competition calendar in a typical year looks like:

| Track & Field | Road Running | Cross Country & Trail | Race Walking |
|---|--|---|---|
| Indoor and Outdoor Individual Championships (area club, regional and national). Indoor & Outdoor Combined Events Championships European/World Indoor and Outdoor Track & Field Championships in alternate years | Individual and Team championships at varying distances: 1 mile, 5 & 10 km, 10 miles, half and full marathon. European non-stadia championships in alternate years | Individual championships (area club, and national) Cross country events at both EMA/WMA track & field and non-stadia championships Trail running championship | Track walk championships at varying distances up to 10k Road race walking at varying distances: 5km, 10 km, 20 km, 30km and longer |
| Area masters leagues for senior clubs to compete in | Park Runs | Local cross-country leagues for senior clubs, but masters area clubs can also compete | |
| Indoor & Outdoor Inter-Area Team Challenges | | Inter-Area Cross Country Team Challenges | |
| | Road Relays | Cross Country Relays | |
| | England-Celtic Challenges races | British & Irish Cross-Country International | |

Refer to the BMAF website: <http://bmaf.org.uk> for the current fixtures list.

The following are the major benefits of joining a masters athletics club and/or entering masters athletics competitions:

1. Opportunities to compete in area, inter area, national and international championships against people of the same age
2. BMAF and area club magazines covering reports, interesting articles, details of fixtures and results
3. Option to subscribe to Athletics Weekly magazine at rate of £7.49 per month (by direct debit)
4. Improved health by continuing to compete without regard to age

For more information read the newcomers section on the BMAF website bmaf.org.uk which also provides links to the area club websites.



2014 Cross Country International, Nottingham



2017 BMAF Road Relays, Birmingham



2018 Masters Mile The Mall, London



Steve Peters, world's best M60 sprinter at aged 64 (3 gold medals in 100m, 200m, 400m in Denmark 2017)



Angela Copson, world's best W70 middle-distance runner (7 gold medals from 400m to HM in Malaga 2018)



2016 EMA Indoor T&F Championships, Italy