

MEDICAL COVER FOR GOTHENBURG 2024

Carole Filer, 7 Tapton Bank, Sheffield, S10 5GG

Email: carole55@hotmail.com Mobile: 0754 882 6151

Dear Athlete

World Masters Athletics Championship, Gothenburg 13 – 25 August 2024

We will be taking at least three therapists to Gothenburg (Nicky Nicol will be in overall charge), some of whom will be at the British Champs at Derby in July (27/28 July). All of the therapists going to Gothenburg will be fully insured and will have experience in treating masters' athletes. The 'rolling fund' for the overseas champs is boosted by the £15 per treatment charged at the British Champs.

The team will usually work from approx 9.00 am through to approx 6.00 pm – with a lunch break – and will be located at the main stadium (Slottsskogsvallen). They will do their utmost to accommodate athletes at times outside the norm once the timetable for Gothenburg is posted. The team will be available from the first day of competition: Tuesday 13 August.

The cost for Gothenburg is **£50**, which we say is non-refundable. However, we have always been very flexible and, if you are unable to travel and contact me – preferably two weeks prior to the competition – then we will refund your money. This will entitle you to a maximum of **three** treatments, ie chiropractic/massage/physio. Rather than increase the cost to athletes, we have acknowledged that some athletes never use four treatments. This still works out at less than £17 per treatment. If further treatments are required, the charge will be £20 per treatment for those pre-registered. Genuine, acute injuries will always take precedent over someone just wanting a pre or post-race massage. As for all previous competitions, the team will always treat an emergency. If you signed up for Torun and did not use any of your treatments, then the cost for Gothenburg will be reduced to £35. There is no carryover of treatments as it is too onerous to administer. We have recognised that some athletes prefer to pay 'as and when' and, if capacity allows and is not detrimental to those who have already pre-registered, the team will treat GB & NI and Irish 'walk-ins', the cost of which will be 30 euros per treatment.

You can pay direct to the bank account (preferred method) or by cheque. If paying by cheque, please make your cheque payable to '**British Masters' Medical Services**' and post to me at the above address. It would be really helpful if you could please add your **age group, event(s) and contact details**. Please do NOT send recorded or special delivery. Alternatively, you can pay **direct to BMMS bank account**. The bank account details have not changed. Please message me if you need these and also if you pay direct to the account. I need to know your name, age group and events so I can add you to the medical list and treatment sheets. Closing date is:

SUNDAY 28 JULY 2024 (British Champs, Derby)

NB: you still have to arrange your own health insurance cover

It would really help the organising if you could please sign up before Derby. 😊

I hope the majority of you will support British Masters' Medical Services (completely separate from the BMAF), as it is non-profit making, run by athletes for athletes. All monies collected supports the medical team – they are all volunteers – in getting to the competition. Their accommodation and flights are covered and, should we have enough in the account, then they may receive some allowance towards food costs. Our ethos has always been to keep the cost affordable for the majority.

Many thanks

Carole Filer

Hon Secretary

British Masters' Medical Services