

MEDICAL COVER FOR TORUN 2026

Andreas Livadiotis / Nicola Nicol

Email: Athlete.bmms@outlook.com / Mobile: 07866 617393

Bank details: British Masters Medical Services

Sort code: 60-15-31

Account Number: 25005464

Dear Athlete,

European Masters Athletics Indoor Championship, TORUN 27 March-2 April 2026

We will be taking Four therapists to Torun, all of whom will be at the British Indoor Champs in Lee Valley in February (21/22 February). They are all fully insured and have incredible experience in treating masters' athletes. The 'rolling fund' for the overseas champs is boosted by the £20 per treatment charged at the indoor/outdoor British Champs.

The team will usually work from approx. 9.00 am through to approx. 6.00 pm, with a lunch break. They will do their utmost to accommodate athletes at times outside the norm once the timetable for Torun is posted. The team will be available from the first day of competition: Friday 27th March.

The cost for Torun 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 – prior to the start of the competition – then we will refund your money. This will entitle you to a maximum of **three** treatments, ie chiropractic/massage/physio. 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 Madeira and did not use ANY treatments, then the cost for Torun will be reduced to £35. There is no so called '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 £25 per treatment or €30.

It would be appreciated if you could please pay direct to the bank account. The bank details remain the same(see top of letter). Even if you have these, you still need to message me with your name, age group and events so I can add you to the medical list and treatment sheets. Closing date is:

SUNDAY 22 FEBRUARY 2026 (British Indoor Champs at Lee Valley)

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

It would really help me with the organising if you could please sign up before Lee Valley.

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,

Andreas Livadiotis & Nicola Nicol

Hon Secretary,
British Masters' Medical Services