# BRITISH MASTERS ROAD BEST PERFORMANCE <br> Send to: Courtney Gunn, 37 Hillside Rd, Stondon, Henlow, SG16 6LP <br> Who will confirm acceptance with Martin Duff <br> Phone: 01462850212 Email to: records@bmaf.org.uk 



For fully automatic timing a Photo finish picture, ZCT and an official result are required. Whilst a copy of the transponder result sheet is required when this system be used.

For Bests in Road Running Events:

1) The course must be measured by an UKA approved measurer who shall ensure that the relevant measurement report and any other information required by this Rule is available on request.
2) The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than $50 \%$ of the race distance.
3) The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1 m per km (0.1\%).
4) British Masters recognise Bests for both Metric and Imperial distances.
5) European Masters at present recognise 10k, Half Marathon \& Marathon.
6) World Masters Athletics at present only recognise Marathon records set on Road Courses.

# BRITISH MASTERS ROAD WALK BEST PERFORMANCE APPLICATION FORM 

## Send to: Courtney Gunn, 37 Hillside Rd, Stondon, Henlow, SG16 6LP <br> Phone: 01462850212 Email to: records@bmaf.org.uk



For fully automatic timing a Photo finish picture, ZCT and an official result are required. Whilst a copy of the transponder result sheet is required when this system be used.

1) British Masters recognise Bests for both Metric and Imperial distances.
2) Road Walk Courses:
(a) The circuit shall be no shorter than $1 \mathbf{k m}$ and no longer than 2 km . Where events start and finish in the stadium, the circuit should be located as close as possible to the stadium.
(b) Road Walk Courses shall be measured in accordance with UKA rules. Road Walk Races may be promoted on open roads in the form of either a lap longer than $\mathbf{2 k m}$ or a point-to-point race.
3) British Masters Bests Recognise F.A.T or H.T and Transponder timing for Race Walks (Track): 20,000m; 30,000m, 50,000m. Whilst Road Race Walks recognise F.A.T or H.T or T.T: $5 \mathrm{~km} ; \mathbf{1 0 k m} ; \mathbf{2 0 k m} ; \mathbf{3 0 k m} \& 50 \mathrm{~km}$.
Walks at 3,000, 5,000 \& 10,000 should be claimed via our Track and Field (T\&F) Records form.
4) European Masters at present recognise Road Walks; 10k, 20k \& 30k.
5) World Masters Athletics at present only recognise records set on Road Courses. Walks 10k, 20k \& 50k.
