



MIDLAND MASTERS ATHLETIC CLUB

TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Saffron Lane Sports Centre, Saffron Lane,
Leicester LE2 7NQ

SUNDAY 13th JUNE 2010

ALL AGE GROUPS: 5 YEAR GROUPS FROM 35; MEN & WOMEN

GUESTS WELCOME – Please specify your 1st Claim Club and Regional Club

Entry Rules – Medals - Championship medals will be awarded in each 5-year age group as follows:

- 8 or more entries: 3 Medals irrespective of achievement of medal standard
- 5, 6, or more entries: 2 Medals irrespective of standard, 3rd Medal if 3rd finisher achieves standard
- 2, 3, or 4 entries: 1 Medal irrespective of standard, 2nd (& 3rd if appropriate) if 2nd (& 3rd) achieves standard.
- 1 entry: 1 Medal if finisher achieves standard

Events:

100, 200, 400, 800, 1500, 5K, 5K Walk, Sprint Hurdles, 400H (Men 35/59 Women 35/49), 300H (Men over 60 Women over 50), Steeplechase (3K), Hammer, Shot, Discus, Javelin, High Jump, Long Jump, Triple Jump*, Pole Vault. Note: 10,000m will be held on 23rd May 2010 at Oxford within the BMAF 10,000m Championships
**Please specify take off board required if entering the Triple Jump*

Medals: First 3 MMAC Members ONLY, subject to above rules.

Fees: £5.00 – 1st EVENT £2.50 EACH SUBSEQUENT EVENT
(Includes 50 pence to cover First Aid Attendance)

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MMAC T&F CHAMPIONSHIPS – Saffron Lane Sports Centre, Leicester – 13th JUNE 2010
First event will commence at 10:30 am

Name..... Date of Birth Male Female

Address.....
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Telephone No..... Email address.....

Age group Club..... MMAC No.....
e.g. M40, W55
Guest Club/Regional Club..... **Total amount enclosed** £.....

<i>Event</i>	PB 2009/10	<i>Event</i>	PB 2009/10	*TJ take off board

I DECLARE THAT I AM FIT TO ENTER THE EVENT(S) AS CHOSEN ABOVE. I UNDERSTAND THAT I COMPETE AT MY OWN RISK AND THAT THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR INJURY, ACCIDENT, DAMAGE OR LOSS INCURRED.

Entries to: MMAC T&F Entries Secretary, Rainbow Cottage,
15 Meadow Lane, Alvechurch B48 7LH
Tel: 0121 445 5327 Email: irenenn@aol.com

CLOSING DATE: 28th MAY 2010 Cheques / P.O. payable to **MMAC**

Important: Please enclose 162mm x 229mm (9" X 6") 2nd Class stamped addressed envelope

PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED