

BRITISH MASTERS ATHLETIC FEDERATION

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|  | Affiliated to: World Masters Athletics and European Masters Athletics |
| | Chairman: Arthur Kimber Honorary Secretary: Bridget Cushen Hon. Treasurer: David Oxland Race Walking Secretary: Ian Richards Website: bmaf.org.uk |

BMAF Long Distance Race Walking Championships – 20 miles (B rules) 18th August 2019 at 8.00 am – Castletown, Isle of Man Medals awarded for each 5 year age group

(Incorporated in the Tower Insurance Isle of Man Open 100 Mile Race Walk)

Competitors must:-

- be paid up members of a masters' club affiliated to the British Masters Athletic Federation (which includes the Isle of Man Veteran Athletes' Club)
- enter the 20 mile race incorporated in the Tower Insurance Isle of Man Open 100 Mile Race Walk. On line entry at <http://www.isleofman100milewalk.co.uk/13.html>
- complete the entry below

ENTRY FORM – BMAF Long Distance Race Walking Championships – 20 miles

First name Surname

Address

..... Post Code

Telephone number Mobile

e-mail address

Sex (M/F/Other) Date of birth Age on 18.8.19

Masters Club Masters Club No EA Number

Declaration: I confirm that I have entered the 20 mile race incorporated in the Tower Insurance Isle of Man Open 100 Mile Race Walk. I agree that that I am entering the race at my own risk and that neither the BMAF, it's officers or volunteer helpers will be held responsible for any injury or illness nor damage to or . loss of property resulting from this event.

Signed Date

BMAF Championship Entry Fee £2 (payable on race day or by cheque with the entry form made payable to Ian Richards – as the BMAF's bank charges a 50p fee for every cheque paid in, Ian Richards will pay cheques into his personal account and pay a single cheque to the BMAF)

Entries by 12th August to

Ian Richards, 24, Pevensey Road, Worthing, BN11 5NS e-mail: ianrichards.racewalker@virginmedia.com