



England Masters Athletics Association



EMAC



IoMVAC



MMAC



NEMAA



NMAC



SCVAC



SWVAC



VAC

Chairman: Harry Matthews – Email: harryrun755@gmail.com Tele: 07858796574
Hon. Secretary: Bridget Cushen - Email: Bridgetcushen156@btinternet.com Tele. 02086832602
Hon. Treasurer: David Lesley - Email: runningdavelesley@gmail.com Tele. 07963330572

ENGLAND MASTERS CROSS COUNTRY TEAM SELECTION 2023

The EMAA cross country team selection process will be the same as last year with trial races being held on Saturday 14th October 2023. Teams will be selected for the British & Irish Masters' cross country international which will be held in Glasgow on Saturday 11th November.

The teams will be selected in all 5 year age categories from 35 to 75 plus. The venue for the trial races will again be Markeaton Park, Kedlesdon Road, Derby DE22.

Parking for athletes will be at Markeaton Island (2 meter high restriction) on payment of relevant fee and at Munday Play Centre which is 500 meters from the course, but nearest to the park toilets.

Race distances will be – all women's age categories plus men 65 to 75 plus - 6k, Men 35 to 64 – 9.8k.

The race start times will be 13.50 for the 6k race and 14.20 for the 9.8k race.

Race entry fee - £6 (UKA registered athletes).

Race numbers will be collected on the day from the EMAA race reception desk from 11.45am to 1.30pm.

Race entry will be via the BMAF Open Track system and the closing date for race entries will be 26th September 2023.

In order for the area selectors to have sufficient information in respect of athletes performances, it will be necessary for all athletes to complete the attached form. This is required from those who enter the selection race and those who are not able to compete in the selection race, but would wish to be considered for selection. Forms with details of athletes performances during the current year must be sent to the relevant area selector no later than Saturday 30th September 2023. Contact details for the area selectors is attached to this notice.

Selection will be as follows:

The first four from the teams of six will be automatically selected.

The first three from the teams of four will be automatically selected.

Age categories for teams of six are - M35, M40, M45, M50.

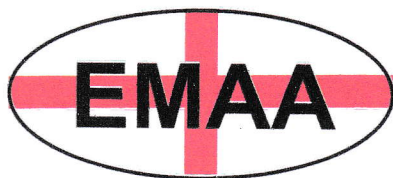
Age categories for teams of four are – W35 to W75 plus and M55, M60, M65, M70, M75 plus.

The remainder of the teams plus reserves will be selected by the area selectors immediately following the selection races in Derby by considering the information provided on the forms received.

Please supply details of your performances during the current year that you feel are relevant, including 5k, 10k road and cross country etc.

If you have any queries please contact Kim Matthews, EMAA cross country Secretary on 07312098824 or email kimrunner11@hotmail.co.uk





England Masters Athletics Association



EMAC



IoMVAC



MMAC



NEMAA



NMAC



SCVAC



SWVAC



VAC

ENGLAND MASTERS CROSS COUNTRY TEAM SELECTION – 2023 APPLICATION FORM

Full Name.....

Address.....

.....Post Code.....

Date of birth (D/M/YYYY) Male/Female (delete as necessary)

Age Category Please circle – W35, W40, W45, W50, W55, W60, W65, W70, W75

Please circle – M35, M40, M45, M50, M55, M60, M65, M70, M75

Telephone number (mobile if possible)

Email address

UKA club.....Registration number.....

BMAF area club.....Membership number.....

Relevant Performances:

Date _____ Event _____ Distance _____ Time _____ Position _____

.....
.....
.....
.....
.....



England Masters Athletics Association



EMAC



IoMVAC



MMAC



NEMAA



NMAC



SCVAC



SWVAC



VAC

.....

.....

.....

.....

.....

Continue if necessary on separate sheet.

Vest size – female 8 10 12 14 Male – S M L XL (circle size required)

England Masters' Area Club Selectors		
Area Club	Area Selector	Address & Email address
EMAC	Yuko Gordon	70 Broadway, Letchworth Garden City, Herts SG6 3PQ Yukogordon238@gmail.com
MMAC	Mick Smedley	12a Bagshaw Street, Crewton, Derby DE24 8TX mandmsmedley@gmail.com
NEMAA	Kim Matthews	6 Watermill, Ryton, NE40 3RB kimrunner11@hotmail.co.uk
NMAC	Sue Cordingly	Coiners House, 12 Coiners Fold, Mytholmroyd, West Yorkshire HX7 5BS suebeconsall@btinternet.com
SCVAC	Michael Jefferies	5 Cornflower Close, Weaving, Maidstone, Kent M14 5UL Jefferies_478@hotmail.com
SWVAC	Alison White	6 Hillcrest Gardens, Exmouth, Devon EX8 4FE Ali.white@btinternet.com



England Masters Athletics Association



EMAC



IoMVAC



MMAC



NEMAA



NMAC



SCVAC



SWVAC



VAC

VAC

Mike Mann

90 Crescent lane, London SW4 9PL

Mcmann90@yahoo.co.uk

Isle of Man

Mo Kelly

47 Ballacriy Park, Colby, Isle of Man

mokelly@manx.net

Team Manager

Dr Matt Long

Mattlongcoach@gmail.com