



EMAC



EMAC TRACK & FIELD CHAMPIONSHIPS 2018

HOSTED BY SOUTHEND-ON-SEA ATHLETIC CLUB

**SATURDAY 11th AUGUST 2018 at SOUTHEND A.C. RUNNING TRACK
GARON PARK.SOUTHEND-ON-SEA.SS2 4FA.**

First Field Event 11.00.am, First Track Event 11.30.am.

ENTRY DETAILS: Enter at <http://bmaf.org.uk>. For Details go to Fixtures/Regional/EMAC T&F Champs

To enter Click on menu option "Member/Guests". members Log in and enter. Non Members can register as Guests. (For Primary Area Club .Select. 'OPEN'.)

5 YEAR AGE GROUPS for MEN & WOMEN from 35YRS. GUESTS Welcome from other Regional BMAF Clubs. Also welcome are ATHLETES who are at least 35yrs of age and Current Members of a UK ATHLETICS CLUB. All entrants must be currently registered with ENGLAND ATHLETICS through their First Claim Club.

Medals: EMAC Championship medals will be awarded in each 5-year age group to the first three EMAC members for each event.

Events: 100m. 200m. 400m. 800m. 1500m. 3000m. 2k Walk. Sprint Hurdles: (80m, 100m and 110m). Long Hurdles: (200m, 300m and 400m). Shot, Discus, Javelin, Hammer, Long Jump, Triple Jump, High Jump, Pole Vault.

Fees EMAC /BMAF Members: £8 00 1st event £4.00 each subsequent event.

Non BMAF Members £10.00 1st event £4.00 each subsequent event. .e.g. Any Athlete who is a 1st Claim Member of a UK Athletic Club and who is not a member of a BMAF Masters Club.

CLOSING DATE: FRIDAY 3rd AUGUST 2018. PLEASE NOTE LATE ENTRIES WILL NOT BE ACCEPTED

Members who do not have internet access can request an Entry Form from:
EMAC T&F Championships,
25 Grasmear Avenue,
Leigh-on-Sea, SS9 3LA

Important: please enclose a 110mm x 220mm(DL) 2nd Class stamped addressed envelope

Any Queries: email johna.brock@virgin.net