



England Masters Athletics Association



EMAC



iMac



MMAC



NEMAA



NMAC



SCVAC



SWVAC



VAC

Chairman: Philip Lee Email: 17xcrunner@gmail.com Tele. 07400376920
Hon. Secretary: Bridget Cushen Email: Bridgetcushen156@btinternet.com Tele. 02086832602
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ENGLAND MASTERS CROSS COUNTRY TEAM SELECTION 2024

The EMMA cross country team selection will follow a similar process to last year with selection races held on Saturday 28th September 2024. Teams will be selected for the British & Irish Masters' Cross Country International, which will be held in Belfast on Saturday 16 November 2024. The teams will be selected in all 5 year age categories from 35 to 80 plus. The venue for the trial races is Betley Court Farm, Main Road, Betley, Crewe, Cheshire CW3 9BH. The races will be held in conjunction with a North Staffordshire Cross Country League meeting. There is free parking for athletes next to the course on the right, the entrance for parking is on Main Road (A531) Betley.

Race distances: All women's age categories and men 65 to 80 plus – 5k, Men 35 to 64 – 8k.

Start times: 13.30pm for the 5k race and 14.15pm for the 8k race.

Race entry fee: £8.00 (UKA registered athletes and Members of their Area Masters/Veterans club). The race results will be produced using chip timing. Race entry will be via the BMAF Open Track system and the closing date for entries will be 21st September 2024. No entries on the day. Race numbers will be collected on the day from the EMMA race reception tent from 12.00 noon to 1.45pm.

All those who wish to be considered for selection must apply via Open Track and are required to complete the attached application form. This is required for both those who enter the selection race and those who are not able to compete in the selection race, but wish to be considered for a discretionary place.

Selection will be as follows:

The first four from the M35, M40, M45 & M50 age categories will be automatically selected (teams of six).

The first three from the W35 to W75+, M55, M60, M65, M70 & M75 categories will be automatically selected (teams of four). The M80 category (team of 4) is a new category competing for individual medals only.

The remainder of the teams plus three reserves for each category will be selected by the area selectors immediately following the selection races by considering the information provided on the forms received. Please therefore provide details of your performances during the current year that you feel are relevant. The selectors specifically will consider recent performances (last 6 months) at 5k and 10k on the road, country, trail or track to provide an effective indication of current form. Performances at BMAF and other high profile events, which provide an opportunity to compare peer to peer performances will also be used by the selectors to select the team. If you wish to apply for a discretionary place, please advise your area selector prior to the selection race giving the reason for being unable to compete in the selection race.

Good luck with your application and with your training and racing during the coming months.

Sue Cordingley

EMAA Cross Country Secretary

suebeconsall@btinternet.com



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ENGLAND MASTERS CROSS COUNTRY TEAM SELECTION – 2024 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, M80

Telephone Number (mobile if possible)

Email Address

UKA Club.....Registration Number.....

BMAF Area Club..... Registration Number.....

Relevant 2024 Performances:

Date	Event	Distance	Time	Position
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Date	Event	Distance	Time	Position
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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	Broadway, Letchworth Garden City, Herts SG6 3PQ Yukogordon238@gmail.com
MMAC	Mike 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 Cordingley	Coiners House, 12 Coiners Fold, Mytholmroyd, West Yorkshire HX7 5BS suebecconsall@btinternet.com
SCVAC	Michael Jefferies	5 Cornflower Close, Weaving, Maidstone, Kent M14 5UL jefferies478@hotmail.com
SWVAC	Andrew Matthews	32 New Road, Ilminster, Somerset, TA19 9AF andrewrobert.matthews152@gmail.com
VAC	Mike Mann	90 Crescent Lane, London SW4 9PL mcmann90@yahoo.co.uk
Isle of Mann	Mo Kelly	47 Ballacriy Park, Colby, Isle of Man mokelly@manx.net
Team Manager	Roland Gibbard	gibbard748@btinternet.com