

Surrey County Athletic Association

Controlling Amateur Athletics in the Ancient and Geographical County of Surrey



15th Masters Track & Field Championships

Held under UKA & WMA Rules for competition

Saturday 29th May 2010 at Ewell Court, Poole Road (or King George's) Recreation Ground, Poole Road, Epsom, Surrey KT19 9RY

Awards: County Medals for 1st, 2nd and 3rd (5 year age groups)

To enter: Send your entry with 1st Class SAE and cheque / postal order (to cover entry fees) payable to:
Surrey County AA,
to: Camilla Thrush,
72 Stag Leys,
Ashted, Surrey KT21 2TL
Camilla.thrush@london2012.com

Entry fees: £5 per event

NB: 4 trails per field event except high jump and pole vault

Closing date: 14th May 2010

No Late Entries Please

Provisional Timetable		
Track		Field
12:30	400m Hurdles M&W 300m Hurdles M60+ W50+	10:00 Hammer W Shot M60+ Pole Vault M&W
12:50	100m Heats M45	10:45 Hammer M35-59 Shot W
13:00	800m M&W	11:30 Long Jump M&W
13:30	100m M&W	11:45 Hammer M60+ Discus W
13:50	100m Final M45	12:00 Shot M35-59
14:00	3000m Walk M&W	13:15 Discus M35-59 Javelin W
14:30	1500m M&W	High Jump M&W
15:00	200m Heats M45 200m M&W	14:15 Discus M60+ H/Hammer W
15:30	5000m M35-59	Javelin M35-59
16:00	Sprint Hurdles M&W	15:15 H/Hammer M35-59 Javelin M60+
16:15	200m Final M45 5000m M60+ & W	Triple Jump M&W
16:45	400m M&W	16:15 H/Hammer M60+
17:00	400m M45	
Timetable based on 2009 entries; final timetable will be sent with entry confirmation.		

Name: _____ Date of Birth: ____ / ____ / _____

Male or Female: ____ Age Group: _____ (State 5 year age group)

Address: _____

Post Code: _____ Phone: _____

E-mail: _____ or SAE for confirmation of entry

Club: _____ Club vests to be worn

Event:	SB 2009	Event:	SB 2009

Surrey athletes must possess a birth, residential (9 months) or historical qualification to compete in these championships. I enclose cheque / postal order value £_____ payable to Surrey County AA. I declare that I will abide by UKA and WMA (for the H/Hammer) rules of competition.

Signature of competitor: _____ Date: _____