

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		10:00 Hammer W
300m Hurdles M60+		Shot M60+
W50+		Pole Vault M&W
12:50 100m Heats M45		10:45 Hammer M35-59
13:00 800m M&W		Shot W
13:30 100m M&W		11:30 Long Jump M&W
13:50 100m Final M45		11:45 Hammer M60+
14:00 3000m Walk M&W		Discus W
14:30 1500m M&W		12:00 Shot M35-59
15:00 200m Heats M45		13:15 Discus M35-59
200m M&W		Javelin W
15:30 5000m M35-59		High Jump M&W
16:00 Sprint Hurdles M&W		14:15 Discus M60+
16:15 200m Final M45		H/Hammer W
5000m M60+ & W		Javelin M35-59
16:45 400m M&W		15:15 H/Hammer M35-59
17:00 400m M45		Javelin M60+
		Triple Jump M&W
		16:15 H/Hammer M60+
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: _____