



England Athletics Masters Association

Harry Matthews
EAMA Cross Country Secretary
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Stanley
County Durham
DH9 8NL

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Dear Masters Athlete,

Thank you for showing an interest in wishing to be considered for selection for the England Cross Country team to compete in the British and Irish Masters Cross Country International to be held in Dublin on 13th November 2010. The criteria for selection is based on National BMAF events, especially, **Cross Country Championships** as well as **5K and 10K Road and Track races**. By running in BMAF rather than local events, it gives the selectors an opportunity to compare runners over the same courses. Naturally you must be a member of a masters/veterans club.

Consideration is also given to **European and World events** as well as **current form at the time of the selection committee meeting**.

When completing the form please include **all the relevant races for this year**, and in particular, include **your most recent ones** and those with your **best current times for this year**. This will help the selection committee to assess your form. What you did in the previous year may not be relevant. If selected you must be prepared to pay your own travel and accommodation expenses as there is no financial assistance available from EAMA. Your England running vest and shorts will be supplied but you will need all your other running kit unless otherwise informed. You will be notified about the outcome within a few days of the selection meeting. **It is important that all athletes wishing to be considered for selection fully complete the official form attached and return it to your Masters/Veterans Club/Association representative, named below, by the closing date. Late arrivals may not be considered. Please ensure you enclose a large reply paid envelope (9 x 6.5 inches) and the CORRECT POSTAGE.**

Best of luck,

Harry Matthews.

Club	Reps Name	Reps Address
EVAC	Philip Lee	85, Parlour Close, Histon, Cambridge CB24 9XR
MMAC	Mick Smedley	12A Bagshaw Street, Crewton, Derby DE24 8TX
VAC	Charlie Dickinson	20 Broadhinton Road, Clapham London SW4 0LU
NVAC	Alex Rowe	1 Buckingham Road, Lytham St. Annes, Lancashire FY8 4EU
VAA-NE	Harry Matthews	17 Homedale, Prudhoe, Northumberland, NE42 5AY
SWVAC	Zina Marchant	54 Parkfields, Chippenham, Wiltshire, SN15 1NX
ISLE OF MAN	Lesley Christian	1 Chester Mews, The Paddocks, Ballasalla, Isle of Man IM9 2DH
SCVAC	Ann Bath	61 St Mary's Road, Long Ditton, Surbiton, Surrey KT6 5HB
TEAM MANAGERS	Harry & Kim Matthews	91 Orchard Grove, Shield Row, Stanley, County Durham DH9 8NL



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