

# Track and Field Championships 2024

26-28 July 2024

Derby

## Your Athlete Journey



Welcome to Derby!

# ATHLETE INSTRUCTIONS

Thank you for your entry to this British Championships. We are very grateful for your understanding on all the changes that have to be made to the final timetable. It has been particularly difficult with record entries this year. We appreciate that not everyone will be happy with the changes.

This is the information that you need prior to and on the day - please read this carefully.

## VENUE

Moorways Stadium, Moor Lane, Allenton, Derby, DE24 9HY  
The Track can be located not far from Junctions 24a/25 of the M1.

We have been informed of road works around the area – so please allow plenty of time for your journeys.  
Roadworks around junction of Sinfin Lane and Osmaston Park Road. Also at Spider Island (junction A5111 and A514.

## PARKING

Athletes should **not** park at the stadium unless they have special disability needs. A pass will be required so please contact me to obtain one of these.

Athlete parking can be found at the Rolls Royce car park as shown below. To access the stadium from the car park, please follow the marked route shown below (and related signage) and enter via the entrance marked A on the map. It is approximately a 3–5-minute walk to the stadium. A small parking charge will apply each day – payable to the local Scouts – so please have £3 with you as it will be cash only.

Athletes are able to drop heavy equipment/poles etc at the stadium prior to parking.

## REGISTRATION/NUMBERS

On arrival, collect numbers from the Registration Desk which will be located in the Clubroom just off from the Car park (see site plan attached) **at least** one hour before your event (Pole vaulters 90 minutes) after which time declaration will close. Late arrival may mean that you cannot compete. Online registration/declaration can also be completed in advance via OpenTrack if you prefer, however, you will still need to collect your number on the day within the 1-hour timeframe. You should receive an email advising how to do the online registration/declaration if you wish to. Please allow sufficient time in case there are queues.

Numbers must be worn on your front and back, in all events, except the horizontal and vertical Jumps where only one number needs to be worn. It is the responsibility of individual athletes to report and advise of their intention to compete. No pins will be available so you should bring your own.

## WARMING UP

Please use the grassed area outside of the track beyond the top bend for warm up. Do not warm up inside the stadium. We will try and ensure that hurdles etc are made available for warm up purposes. No throwing of implements should take place in these general areas.

## CALL ROOM

A call room will be in operation. Most races will not be seeded until after the declaration deadline (circa 1 hour before event time), the seeding will then be available on OpenTrack and via the Call Room Manager. Can all athletes please check the call up timetables posted around the venue – it is your responsibility to arrive in the call room on time, if you fail to do so you may not be able to compete.

All athletes should report to the call room as per the call room schedule (not what you may have read on OpenTrack as that is last registration time – but they use the term ‘callroom’) on the which will be approximately:

Track events – 20 minutes before scheduled event time.

Field events – 30-35 minutes before the scheduled event time. Time varies depending on the number of athletes in each event. Please check the call room schedule

Pole Vault – 60 minutes before the scheduled event time.

If you have an overlapping event, please advise call room when you go in for your first event that you may not make it in for the subsequent event and ask them to tick you off at that point. In these circumstances, please advise call room if your intention to compete changes.

The call room will be located in the marquee between the stand and the external throwing cage. See the attached plan. Athletes arriving late may not be allowed to compete.

Vests, numbers and competition shoes will be checked in the call room. Competitors must compete in the colours of their UKA Club, Masters Area Club or national vest. If inappropriately dressed, you will not be allowed to compete. Athletes are reminded to ensure their competition shoes meet the [new regulations](#). All electronic equipment including personal stereos, ipods, mobile phones and mp3s should be switched off before coming into the call room and during the entire event. If you use these during competition – you could be issued with a conduct warning.

You will be escorted from the call room by call room stewards or field officials where practical to do so, to the competition area.

## COMPETITION RULES

- The competition is run under UKA/WMA rules. All field events will allow 3 trials for all athletes and the top 8 in each event/age group will get a further 3 trials as per usual championship rules.
- There will be no heats and finals (except 100m) - where numbers exceed a straight final there will be A/B Finals. Where this is the case, the results from multiple races will decide the medallists.
- As per [UKA rules](#), spitting is strictly prohibited and could lead to a conduct warning.
- All mobile phones carried adjacent to the track side must be switched off, in mute mode or turned down so as not to distract other athletes or officials.
- Headphones/earphones etc should not be worn inside the competition area.
- No unauthorised persons will be allowed onto the centre of the track.
- The decision of the referees and the Meeting Manager shall be final.
- PLEASE NOTE: we will again not have any heavy weights available for those who do not have their own, so sharing may be necessary.

## RESULTS

Results will be available soon after each event online in OpenTrack. They will not be displayed as hard copies. To access results – go onto OpenTrack and you will see this:

ID	Event	Gender	People	Club	Status	Rounds	Time
F01	Javelin FALL	F	15	09:05	complete	1	10:00
F02	Long Jump M50up	M	14	09:05	complete	1	10:00
F04	Hammer MALL	M	18	09:05	complete	2	10:00
T02	Shot M70-95, F40-95	MF	7	09:05	complete	1	10:00
T03	Shot M50-65, F35	MF	6	09:05	complete	1	10:00
T04	Shot M30-45	M	7	09:05	complete	1	10:00

Click on the result button and the list of events will appear as follows

Choose the event you want the result for by clicking on the red event title. You will then see the result as follows:

Place	Bib	Name	CAT	Y	Club	TEAM	Y	#1	#2	#3	#4	#5	#6	Best
1	419	Paul GUEST	M60	1	SWVAC			5.15	x	5.12	5.25	-	-	5.25
2	406	Andrew WADDINGTON	M55	1	SCVAC			4.57	3.35	4.68	4.57	-	-	4.66
3	402	Vincent TAYLOR	M55	2	BOURN			4.42	x	x	4.42	-	-	4.42
4	407	Derek WAIN	M55	3	SOTON			4.39	x	4.38	x	-	-	4.39
5	446	Ian THOMSON	M65	1	SCVAC			x	x	3.97	x	-	-	3.97
6	452	Adrian ESSEX	M70	1	SCVAC			3.76	3.69	3.66	3.91	-	-	3.91

## MEDAL PRESENTATIONS

Medal ceremonies will take place as soon after each event as practical. There are likely to be in the region of 300 presentations during each day, so please be patient.

Field events will go straight to the presentation area if practical, which will be close to the callroom. See Stadium Plan. Track event presentation will be in line with the presentation schedule also available around the venue. If medallist wish to come as a group to presentation they will be fitted in ASAP.

## ATHLETE SERVICES

- Refreshments will be available to purchase throughout the day from Derby AC Club house and the new Swimming pool complex on site which has a café – this can be accessed by a small gate around the first bend.
- Clothing will be on sale as usual, including the BMAF Kit.
- British Master Medical Services (physios etc) will be available to offer a range of treatments. A fee is payable per treatment.
- A medal engraver will be on site – near to the presentation area. If you wish to get your medals engraved (and catch up on engraving medals from last year's Champs) then please come along with your medals. A small fee of £4 per medal is payable.
- BMAF have kindly agreed to pay the fees to show the film 'Younger: Looking Forward to Getting Older'. This documentary follows four women in their 60s, 70s and 80s as they train and compete in national and international athletics competitions. Dorothy, 85, loves the camaraderie of her gang (as she calls them). Joylyn, 69 hopes to keep going into her 80s and 90s. Sue, 69, says pole vaulting has helped her cope with cancer, twice. Noel, 74, loves the technical challenge of race walking.

For all of them, training and competing in masters athletics is about being part of a supportive community, achieving personal goals, and living a purposeful life full of adventures and fun. In doing so, these women show an energy, joyful determination, and fulfilment in older age, that offers a powerful antidote to lazy stereotypes around ageing. A film by Danielle Sellwood with Alex Rotas.

It features 3 of our current members and was partly filmed at our championships in Derby 2022 as well as our indoor championships in the same year. If you have not seen it – it is a must and will be shown throughout the weekend at no cost to you. It is intended to show the film on Friday at 3pm, Saturday 11am, 12.3pm, 2pm, 3.30 pm, 5pm, Sunday 10 am, 11.30 am, 1pm and 3.30 pm. Seats are limited so they will be offered on a first come first served basis. A sheet to sign up will be available at registration.

- Following positive feedback at the indoors we are again having the event live streamed. It can be accessed here:  
Friday - <https://youtube.com/live/VvJMNW5cYEw?feature=share>  
Saturday - <https://youtube.com/live/hhuLftn7Hjl?feature=share> and  
Sunday - <https://youtube.com/live/KJipJYwFV0M?feature=share>

There may be a bonus stream too – but we know until the weekend. If it all works the link will be:  
<https://www.youtube.com/@bmafchamps>

## QUERIES

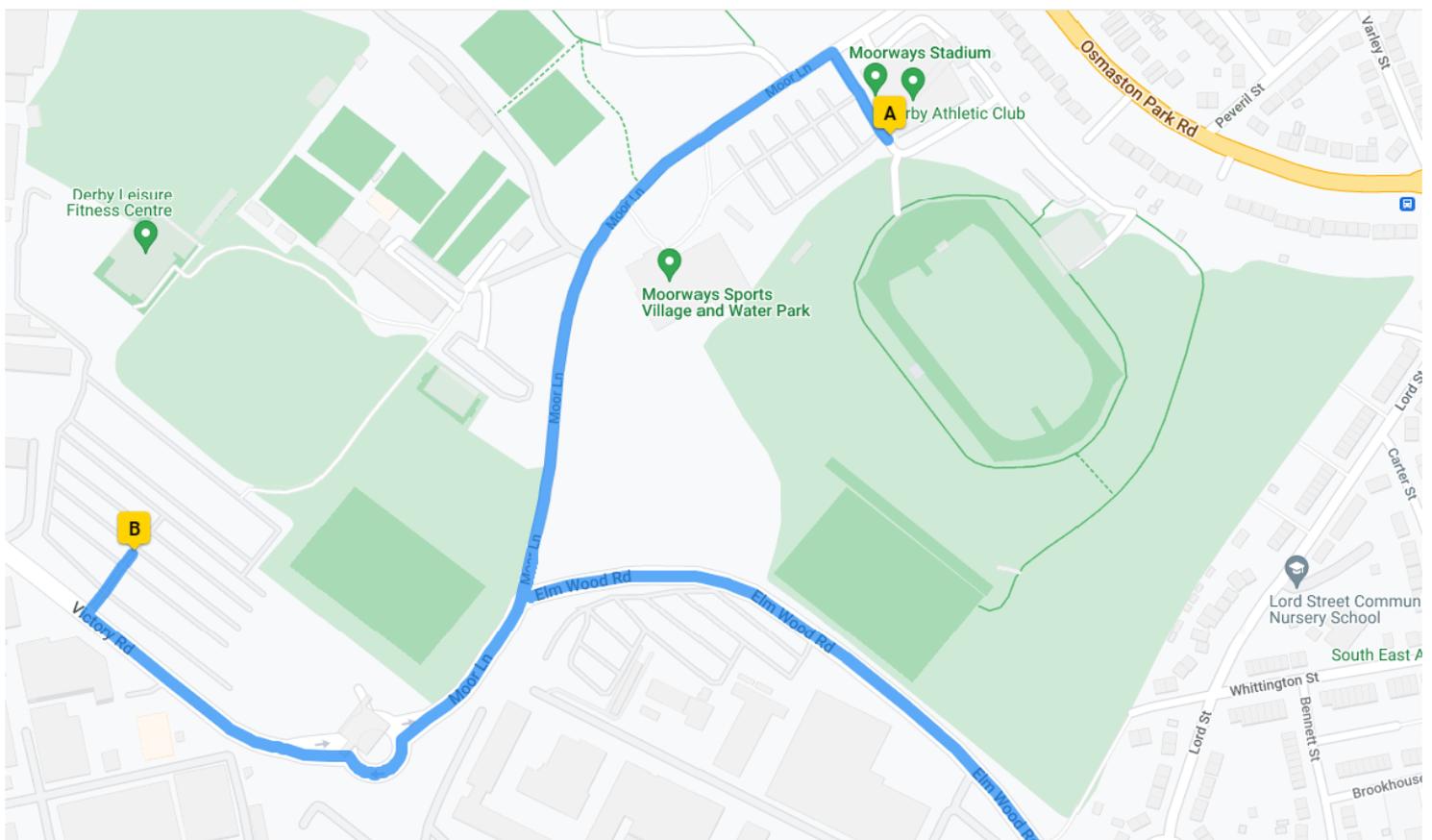
If you have any queries about this event, please contact Wendy Kane ([wkane@bmaf.org.uk](mailto:wkane@bmaf.org.uk)) in advance of the day or the Meeting Manager (Clive Young) on the day.

With an unexpected but fantastic number of athletes competing in so many events, we are in need of help with some of the field events. If you or any of your supporters etc, are available on Saturday or Sunday to assist with jobs like raking, retrieving shot etc., please let me know so that we can allocate you a role. Any help will be appreciated.

I hope you have a fantastic competition and some excellent performances.

**Wendy Kane**  
BMAF Meeting Organiser

## ATHLETE PARKING



**A**

Officials, Accessible  
Parking and Equipment  
drop off point.

**B**

Competitors and  
Spectators Parking

MOORWAYS STADIUM PLAN

