

JAN TIMBERLAKE MND CLASSIC

An Open Meeting for Masters Athletes

IN AID OF:



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Where – Worcester AC's track alongside Nunnery Wood School, Worcester WR5 2NL

When - Wednesday 4th June 2025 (7pm start)

What – an Open Meeting for Masters Athletes (those aged 35 and over) – all abilities

Why – to show support our friend, colleague and fellow athlete Jan Timberlake and to raise funds/raise awareness for the Motor Neurone Disease Association



You are invited to join us at this Open Meeting for Masters Athletes, with entries being handled by Entry4Sports. If you've not previously used this system, don't worry, it is easy to "register" on their site then you simply search for this meeting (they are in date order!) and select the events you wish to enter. The entry fee is £8 per event. To visit the Entry4Sports website click here > <https://entry4sports.com/>

We are offering a choice of the following events – enter as many as you wish.....

ON THE TRACK - 100m, 400m and "The MND Mile" with all being seeded to provide competitive races

ON THE FIELD – Javelin, High Jump, Long Jump, Shot split between male and female

Stunning "Gold Cups" will be awarded to the athletes with the best performances in each of the following:

The MND Mile - Jan's Javelin - Jan's Long Jump

The leading performances will be calculated based on "age grading" as detailed on the British Masters site.

Full Level 1 UKA Event Licence obtained – backed up by an excellent range of experienced officials

Hot/Cold drinks on site, First Aid, plus a promotional display by the Motor Neurone Disease Association

A fantastic opportunity to test those arms and legs in a friendly yet competitive "Masters" environment

All ages and abilities welcome, provided you are at least 35 years old – no upper age limit!

Meeting Managers – Paula Williams, Wendy Kane, Mel Garland and Roger Garland