

MASTERS INFORMATION PACK

Getting started:

Anyone 35 years and over can compete as a Masters Athlete in the UK (previously termed Veterans). Your age on the day of the competition is what defines the age group you will compete in. The age groups are in 5 year increments; for example 35-39, 40-44, 45-49 etc, but some competitions run with combined age groupings; for example 35-49, 50-59, 60+.

There are 11 Masters Area Clubs in the UK, that cover specific geographical areas.

[About BMAF - BMAF - British Masters Athletic Federation](#)

You'll note we are on the cusp of two, but would encourage all SADAC Masters to affiliate themselves with SCVAC – this affiliation will allow you to compete in BMAF competitions at a discounted entry fee, as well as being eligible for selection for the Inter-Area matches (1 indoor and 1 outdoor fixture per year), as well as compete Internationally should you choose to do so.

[Home page of SCVAC](#)

Please note that SADAC will cover your EA fee (£23 per year), as your 1st claim club, so the joining fee for SCVAC is £10 (per year).

2026 Indoor Fixtures:

24th January – BMAF Indoor Pentathlon & 3K Championships (Cardiff)

[Home | BMAF Indoor Pentathlon & 3K 2026](#)

14th February – SCVAC/EMAC Indoor Championships (Lee Valley)

[Home | EMAC-SCVAC Indoor T&F Championships](#)

21st/22nd February – BMAF Indoor Championships (Lee Valley)

[Home | BMAF Indoor T&F Champs](#)

7th March – London Masters International (Lee Valley)

[Home | EMA "Road to Torun" - LONDON MASTERS INTERNATIONAL 2026 indoors + OPEN events](#)

14th March – Indoor Inter-Area match (Lee Valley)

[Home | England Masters AA Indoors Inter-Area Track & Field Challenge](#)

27th March/2nd April – European Masters Indoor Championships

[Home | EMACI](#)