

## Road Running Master of the Year Nomination Form

Nominated by: \_\_\_\_\_ (may be the nominee)

BCA Membership Number: \_\_\_\_\_

Nominee: \_\_\_\_\_

BCA Membership Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (MM/DD/YYYY)

Gender: \_\_\_\_\_

Five Best Age Graded performances for the year (may be the same event or different events)

(use age at beginning of age category eg 40,45,50 etc.)

For example, could provide results for: 5K,5K,10K,Marathon,Marathon

Age grading calculator may be found at [www.howardgrubb.co.uk/athletics/wmalookup06.html](http://www.howardgrubb.co.uk/athletics/wmalookup06.html)

Event	Event Date	Location	Result	Age Graded Result(%)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Note: The award is based on the average of the five best age graded performances for the year.

### Other significant information:

(such as records set, ranking in BC/Canada/World. For World ranking, number of participants is important for the Sport BC Award).

---

---

---

---

---