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

<table>
<thead>
<tr>
<th>Event</th>
<th>Event Date</th>
<th>Location</th>
<th>Result</th>
<th>Age Graded Result(%)</th>
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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).

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