



European
Masters
Athletics
Championships
Stadia

emac's Madeira 25

8-19 OCT. 2025

CÂMARA DE LOBOS | FUNCHAL | MACHICO | RIBEIRA BRAVA

WWW.EMACS-MADEIRA2025.COM
ENTRYBOOKLET

Madeira  Belongs to all



Secretaria Regional
de Educação, Ciência e Tecnologia
Direção Regional de Desporto

Secretaria Regional
de Turismo e Cultura
Direção Regional do Turismo



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Invitation to Attend

President of the Government of the Autonomous Region of Madeira

President, European Masters Athletics

Chairman, Local Organising Committee

Organizers

EMA Council

Organisation Committee

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Madeira'25

EMAC

MESSAGE FROM PRESIDENT OF THE GOVERNMENT OF THE AUTONOMOUS REGION OF MADEIRA

It is with great joy that I welcome you, on behalf of myself and the Government of the Autonomous Region of Madeira, to our beautiful island.

It is with enormous motivation, satisfaction and a sense of gratitude to the organizing entities – European Masters Athletics, in partnership with the Associação de Atletismo da Região Autónoma da Madeira – that we welcome everyone involved in the European Masters Athletics Stadia Championships 2025. The members of the organization, you, the athletes, as well as your family and friends.

I would like to tell you that for some years we have been, in a concerted and committed way, in partnership with numerous entities – regional, national and international –, working towards affirming Madeira and Porto Santo as destinations of excellence in Sports Tourism and Nature.

This European athletics event is an example of this, as well as a series of other international reference events in Trail Running, open water swimming, pure swimming, sailing, among others.

EMACS 2025 is, therefore, another opportunity to deepen this statement – a destination of excellence –, which will be, and I am sure you will notice, through an exemplary organization of the sporting event, through the unique hospitality and friendliness of our population and through the cosmopolitanism and beauty of our island.

In Madeira and Porto Santo, we pursue policies that promote the integral development of new generations, seeking, in this sense, to ensure them the best education and the best access to culture and sport.

Therefore, I would like to tell you that the stages of your competition are regular training spaces for thousands of young Madeirans, who, I am sure, will be eager to support you and be thrilled with your sporting achievements.

Finally, I would like to tell you that, not only am I sure of the success of EMACS 2025, but also that you will find in our beautiful landscapes and mild climate, in the hospitality and friendliness of our people and in the uniqueness of our customs and traditions – including enogastronomic ones – reasons of attractiveness, which will invite you to new stays in Madeira.

I wish you all the greatest sporting successes.

President of the Government of the Autonomous Region of Madeira
Miguel Filipe Machado de Albuquerque



MIGUEL FILIPE MACHADO DE ALBUQUERQUE

PRESIDENT OF THE GOVERNMENT
OF THE AUTONOMOUS REGION OF MADEIRA

**INVITATION TO ATTEND
EUROPEAN MASTERS ATHLETICS CHAMPIONSHIPS STADIA, 2025 MADEIRA ISLAND
EMA PRESIDENT´S MESSAGE**

Welcome to the EMACS 2025 in Sunny Madeira!

Dear Friends,

It is with immense joy and excitement that I invite you to the beautiful island of Madeira for the European Masters Athletics Championships Stadia (EMACS) from 8th to 19th October 2025.

Renowned for its perfect climate, Madeira offers the ideal setting for this prestigious event. With a rich tradition in sports and a passionate community, the island is ready to host athletes and spectators from across Europe and beyond.

From the stunning landscapes of Câmara de Lobos, Funchal, Machico, and Ribeira Brava, to the world-class venues and warm hospitality, every detail has been prepared to ensure an unforgettable experience.

A dedicated team is working tirelessly to make this event a celebration of athletic excellence and personal achievement. Whether you are competing or supporting, your success and enjoyment are our top priorities.

We can't wait to welcome you to Madeira, where the vibrant culture, breathtaking scenery, and spirit of competition await. Let's make EMACS 2025 an event to remember!

See you soon,

Valentina Fedjuschina
EMA President



VALENTINA FEDJUSCHINA
EMA PRESIDENT

MESSAGE FROM PRESIDENT LOCAL ORGANIZING COMMITTEE

VALUE THE MASTER ATHLETE

In October 2025, the Autonomous Region of Madeira will have the honor and pleasure of organizing the European Masters Championship on an outdoor track. The event will take place in several municipalities: on the tracks of Ribeira Brava, Câmara de Lobos, Machico. The Non Stadia events will take place in Funchal and Machico.

This is the main event of the EMA (European Masters Association), which will bring together thousands of athletes from different age groups who will compete with former Olympic, World and European champions and will be accompanied by family members, forming the immense crowd of people present.

Almost all these participants were professional athletes, who performed great and continue to be active, often training twice a day, achieving very interesting results for their age groups. The Master athlete has not yet been properly recognized for his work, performance, and voluntary dedication to the sport of his life by official institutions, whether by the respective federations or by the European (EA) and World (WA) Associations.

However, EA and WA, very recently, started to notice Masters, but only with the idea of business, because of the thousands who participate in events every week, which is regrettable!!! We hope a new paradigm soon, so that Master Athletics can be recognized and supported by official entities. In this context, it is important to highlight the excellent work that EMA and WMA have developed for Masters.

For us, organizing this European Masters Championship on an outdoor stadia, will be a compliment to Master Athletics and we intend to provide the best conditions for participants to achieve excellent results.

The Autonomous Region of Madeira is ready to welcome thousands of athletes and companions, in a dignified, healthy environment, in which competition is important for us, but also conviviality, friendship and joy between different people and age groups.

We are grateful for the valuable support from the government of the Autonomous Region of Madeira, which is important for the organization of this great event. We are also grateful for the support from the Municipalities of Funchal and Machico.

We count on you and count on us! We wait for you!

A big hug of friendship and esteem and see you in October!

Luís Policarpo de Gouveia
President of the LOC



POLICARPO GOUVEIA
LOC PRESIDENT

EMA Council and Managers

President

Executive Vice-President

Secretary

Vice-President Competition

Vice-President Finances

Technical Delegate stadia

Technical Delegate non stadia

Walentina Fedjuschina

Francesco De Feo

Maria Clarisse Duarte

Giovanni Tracanelli

Ercan Ozkan

Janusz Krynicki

Vesna Repic

Local Organising Committee, EMACS MADEIRA 2025

President - Local Organising Committee

Vice-President

Image

Treasurer

Transport and Logistics

Communication

Policarpo Gouveia

Jaime Moreira

Gina Gonçalves

Jorge Pestana

Rui Castro

Alexandra Raquel

STADIA - Competition Venues

Main Stadium: Centro Desportivo da Madeira - Ribeira Brava

- 8-lane, 400 metres track
- 8-lane, 110 meters sprint straights
- 2 Shot Put circles
- 1 Discus cage
- 2 Javelin Sectors
- 2 High Jump facilities
- 2 Long Jump/Triple Jump facilities
- 2 Pole Vault facilities
- Floodlighting for night events

Obs.: 100m and 100b/110b can be done in both directions.

The **TIC** and the **Accreditation Center** where the athletes collect their bib and registration package, and other relevant information is located "**Centro Desportivo da Madeira**", in **Ribeira Brava**, the main stadium. In the same place the athletes can do the confirmation, if not already done online.

The **Accreditation Center** will open from **Monday, 6 October 2025**.



RIBEIRA BRAVA

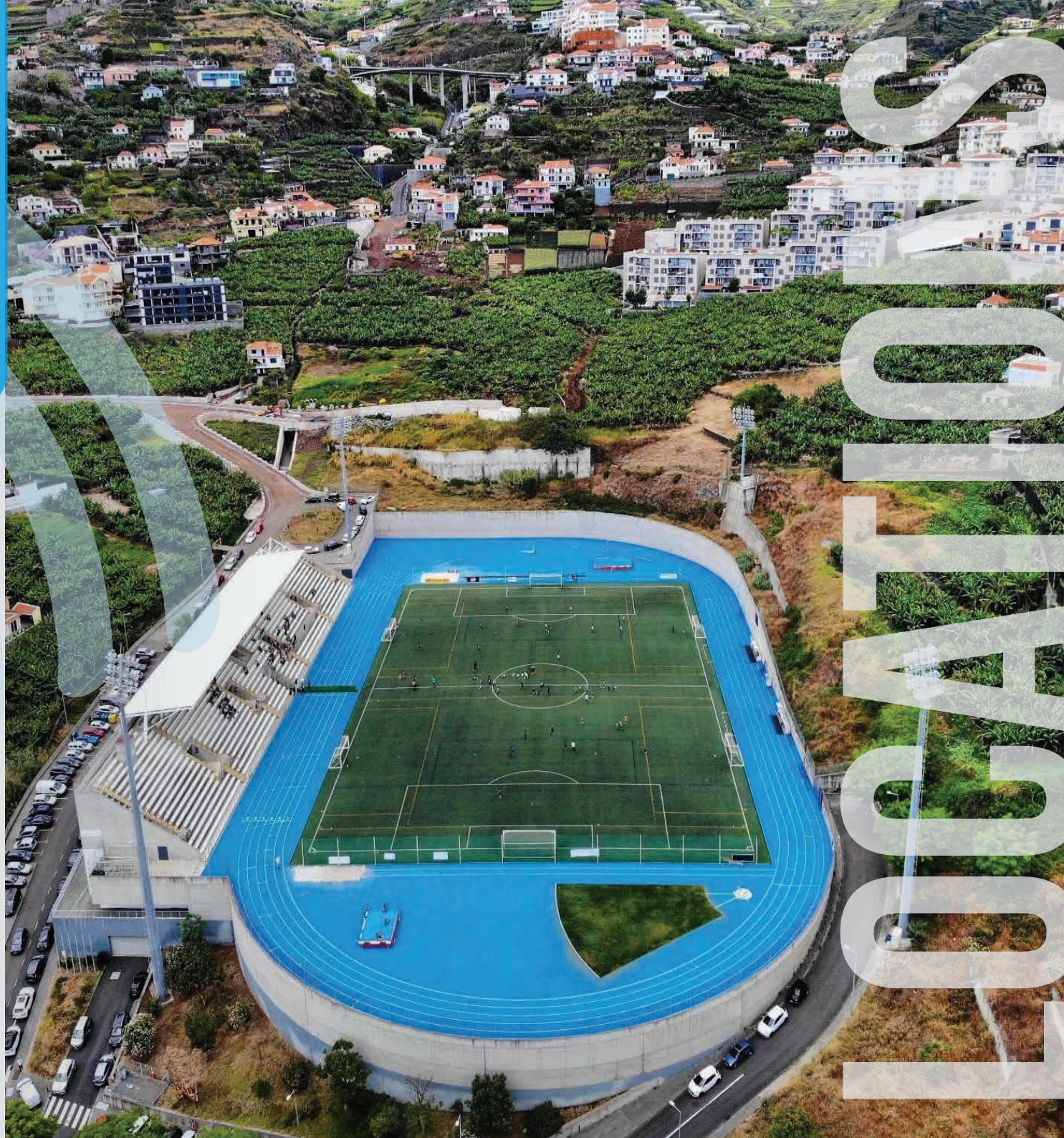
STADIA - Competition Venues

Stadium 2: Câmara de Lobos

- 5-lane, 400 metres track
- 6-lane, 110 meters sprint straights
- 1 Shot Put circles
- 1 High Jump facilities
- 3 Long Jump/Triple Jump facilities
- 1 Pole Vault facilities
- Floodlighting for night events



CÂMARA DE LOBOS



STADIA - Competition Venues

Stadium 3: RG3 - Funchal

- 1 Shot Put / Weight throw circles
- 1 Hammer and discus cage
- Floodlighting for night events



Tennis Court - Regimento de Guarnição nº 3



FUNCHAL

STADIA - Competition Venues

Stadium 4: Estádio Municipal de Machico

- 4-lane, 400 metres track
- 6-lane, 110 meters sprint straights
- 1 Shot Put circles
- 1 High Jump facilities
- 1 Long Jump/Triple Jump facilities
- 1 Javelin Sectors
- Floodlighting for night events

Restaurante O Grelhador

ER101

Rentx Aeroporto/
Machico

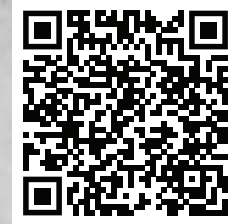
Estádio Municipal
Machico



Machico Flat

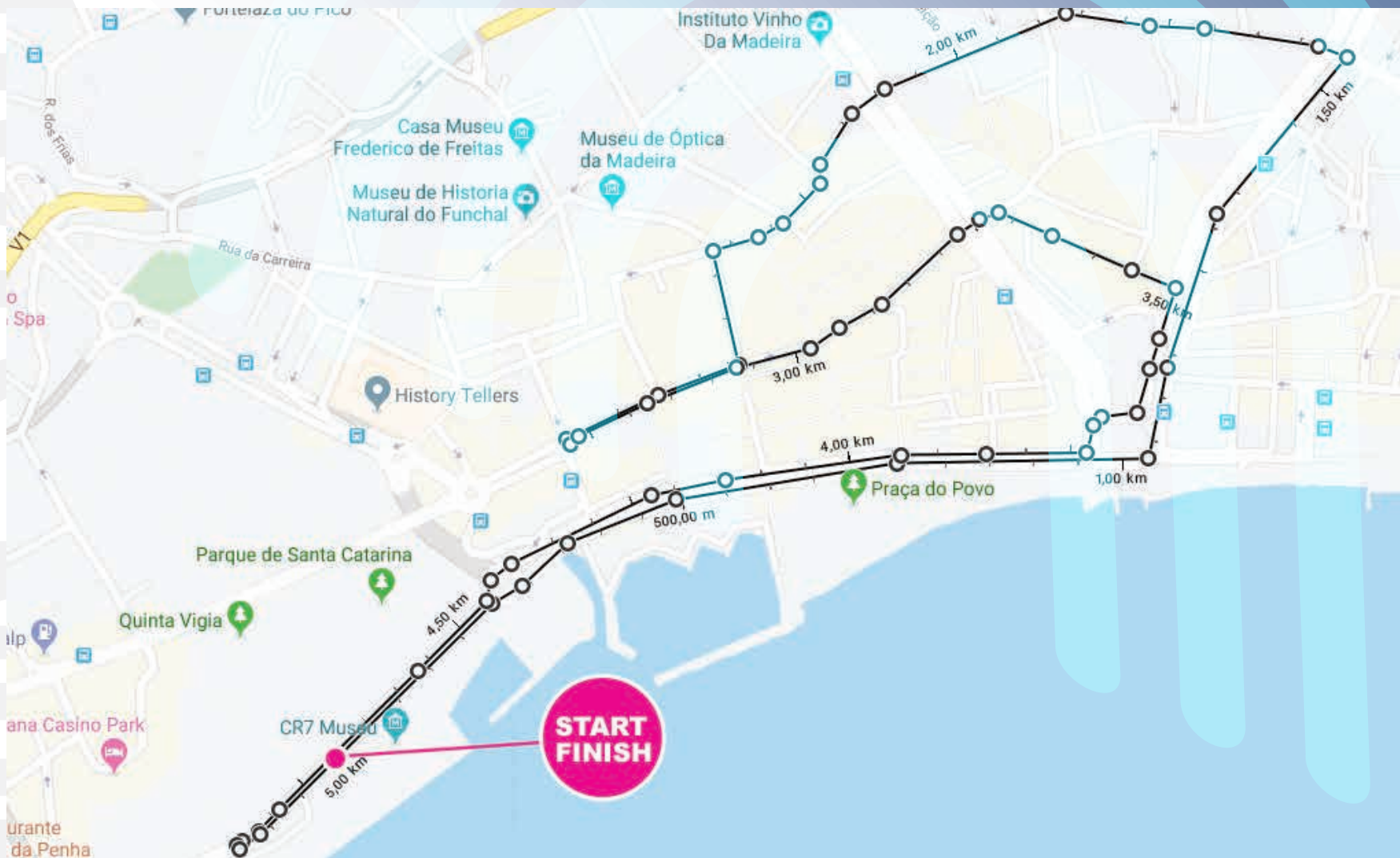
R. da Ribeira

MACHICO



NON-STADIA - Competition Venues

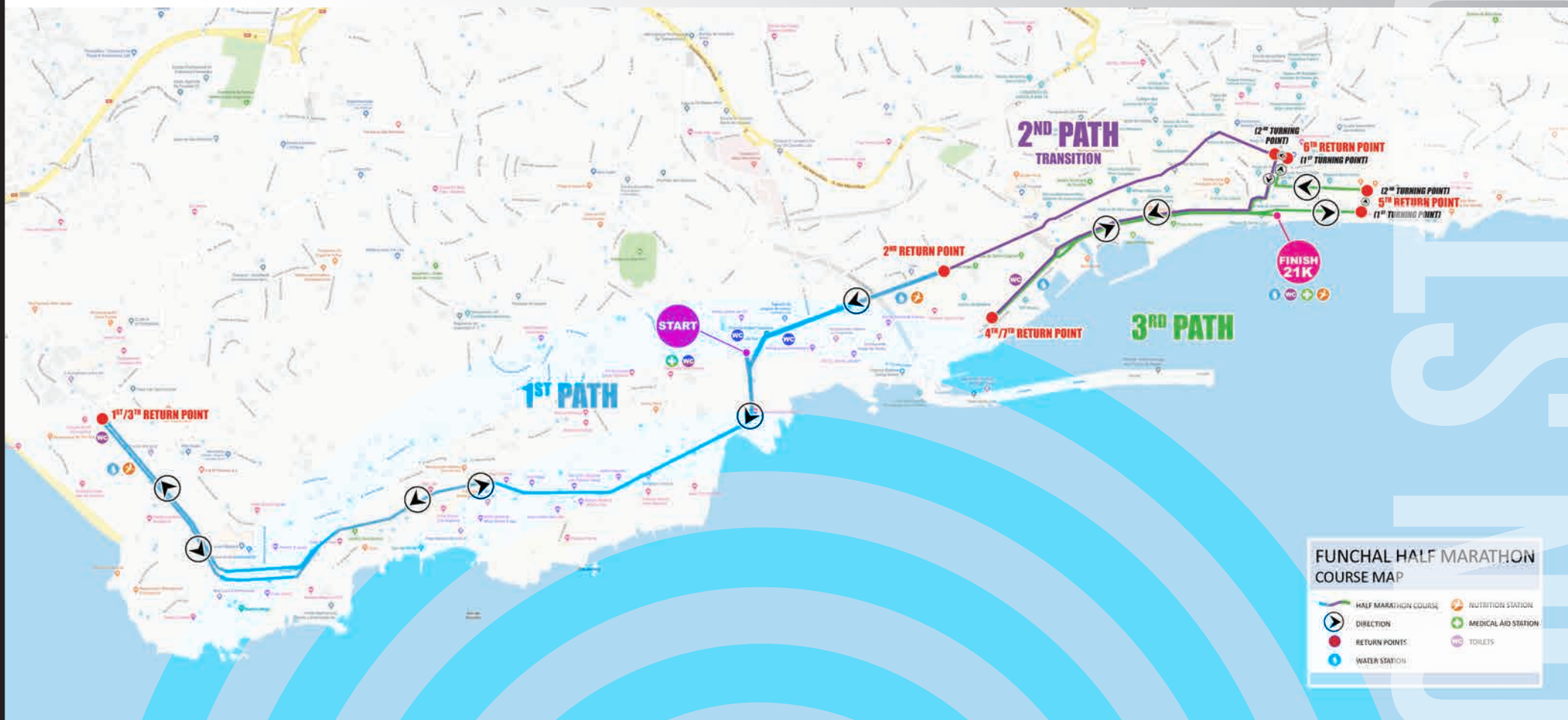
10K Race - Funchal



NON-STADIA - Competition Venues

HALF MARATHON - Funchal

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STADIA

NON-STADIA - Competition Venues

10K and 20K Road Race Walking - Machico



NON-STADIA - Competition Venues

CROSS COUNTRY - Chão das Feiteiras



MADEIRA 2025 COMPETITION DAILY PROGRAM

Madeira 2025

Proposal-version1		Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16	Oct. 17	Oct. 18	Oct. 19
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Free	Day 7	Day 8	Day 9	Day 10
100m	Heats				All (M+W)							
	Semifinals				All (M+W)							
	Finals					All (M+W)						
200m	Heats						All (M+W)					
	Semifinals							All (M+W)				
	Finals							All (M+W)				
400m	Heats	All (M+W)										
	Semifinals		All (M+W)									
	Finals			All (M+W)								
800m	Heats								All (M+W)			
	Finals									All (M+W)		
110/100/80m Hs	Heats	All (M+W)										
	Finals		All (M+W)									
400/300/200m Hs	Heats				All (M+W)							
	Finals					All (M+W)						
3000m/2000m st	Finals			All (M+W)								
4x100m										All (M+W)		
4x400m										All (MIX)	All (M+W)	
1500m	Heats		All (M+W)									
	Finals				All (M+W)							
5000m	Finals					All (W)	All (M)					
10000m	Finals	All(M),W65+	W35-60									
Half Marathon	Finals											All (M+W)
Cross Country	Finals				All (M+W)							
10 km Road Race	Finals								All (M+W)			
5000m Track Race Walk	Finals		W65+,M65+	W35-60,M35-60								
10km Road Walk	Finals						All (M+W)					
20km Road Walk	Finals										All (M+W)	
Decathlon - Day 1	Finals	M35-50	M55-70	M75+								
Decathlon - Day 2	Finals		M35-50	M55-70	M75+							
Heptathlon	Finals			All(W) Day1	All(W) Day 2							
Weight Throw	Finals	M35-60	All(W)	M65+								
Shot Put	Finals				All(W)	M70+	M35-40		M45-65			
Discus Throw	Finals				M35-40	All(W)	M45-65			M80+	M70-75	
Hammer Throw	Finals	M65+	M35-60	All(W)								
Javelin Throw	Finals	All(W)				M35-65			M70+			
Throwing Pentathlon	Finals						W65+		W35-60,	M45,50,70,75	M55,65,80+	M35-40,60
High Jump	Finals					M35-55	M60+		All(W)			
Pole Vault	Finals					M65+			M35-45	M50-60	All(W)	
Long Jump	Finals					All(W)	M35-55		M60+			
Triple Jump	Finals									All(W)	M35-55	M60+
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Free	Day 7	Day 8	Day 9	Day 10
		Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16	Oct. 17	Oct. 18	Oct. 19

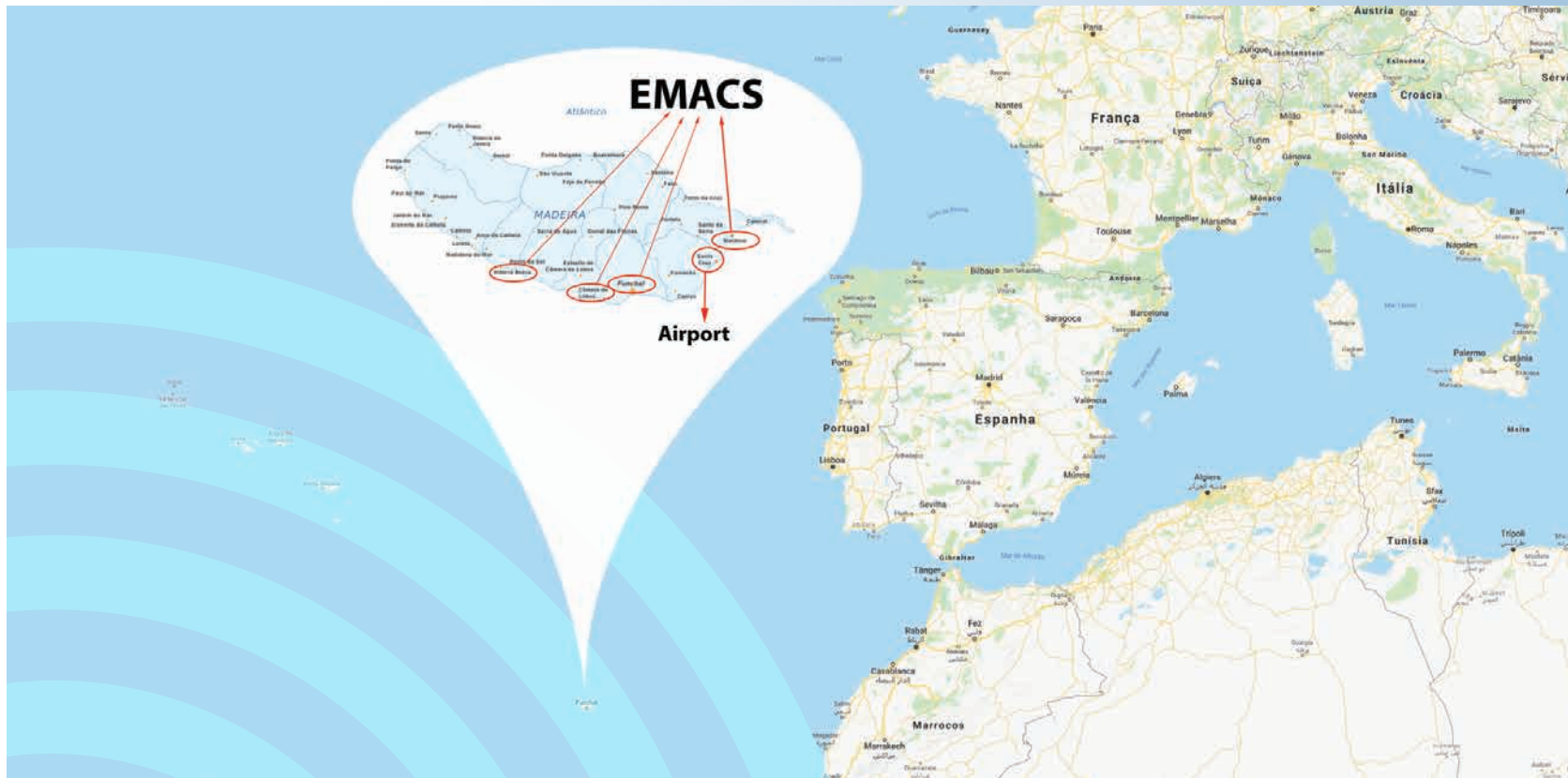
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How to reach Madeira Island

LOCATION

The archipelago is located in the African Plate in the Atlantic Ocean between latitude 30° and 33°N, basically at the same latitude as Casablanca, 978 km southwest of Lisbon, about 700 km west of the African coast, and 450 km north of the Canary Islands.

You can come to Madeira Island, by plane. Many main European cities have direct flights to Madeira Island, or flight connections from Lisbon and Porto.



Transports

Bus connections between competition venues,
in every day of the Competition:

- Funchal (RG3)
- Câmara de Lobos
- Ribeira Brava
- Machico



ENTRY REQUIREMENTS AND PROCEDURE

General Rules

Competition will be held under World Athletics regulations as modified for Masters by WMA via their Competition Rules and any other special rules specified for this competition.

General Information

Athletes must enter online. See below for details. All entries must include full payment to be considered valid.

The entry deadline is Tuesday, 2 September 2025 h.24.00 CET. No entries will be accepted after the entry deadline.

All entries are subject to validation by each athlete's respective Member. Members will confirm the athlete's date of birth, citizenship and/or residential qualifications and other relevant requirements. After an athlete's registration has been validated, its status will display as "accepted" on the list of entries. Validation is a manual process that each Member completes, so there will be some time (days or weeks) between when you submit your registration and when it is validated. Athletes who have questions about the status of their entry should contact their Member. For athletes who reside in a country where there is no EMA National Masters Member or where the Member fails to fulfill its obligations, their entries will be subject to the approval of the EMA Council.

Online Entry Procedure

1. Go to **www.emacs-madeira2025.com** and complete the online entry form prior to the entry deadline.
2. Submit payment by credit card (Visa or Mastercard) at the end of the entry process.
3. Print the confirmation screen for your records.
4. Your Member will then validate your registration.

Athlete's Party

The Athlete's Party will take place on the **14 October 2025**, the evening before the day without competitions. Music, food and lot of beer for everybody!

The Athlete's Party is 30€, you can buy the entry ticket together with your registration or at the accreditation.

EMA National Member Requirements

EMA requires that each Member validate all relevant entries electronically via the online entry system.

The Local Organizing Committee ("LOC") will accept only those entries that have been validated by Members.

All entries must be validated before 9 September 2025.

Any entries that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

Members will receive communications regarding the entry process prior to the start of registration.

Members that do not receive these communications should contact the EMA Secretary or EMA IT Manager.

Vaccinations and Travel Insurance

It is recommended that athletes and other accompanying persons obtain any required vaccinations and check that their medical insurance covers travel and accidents in Portugal.

Qualifications for Entry

The European Master Athletics Championships are open only to men and women who were born on or before 8 October 1990 and who are physically fit. Entry signifies that each competitor must follow the rules laid down by the technical and organizing committees. EMA has the right to reject entries of athletes considered ineligible through misconduct or other disciplinary related matters.

Events are divided into age groups as shown below:
Classification Birthday (Born from...)

M&W 35	10 october 1985 to 9 october 1990
M&W 40	10 october 1980 to 9 october 1985
M&W 45	10 october 1975 to 9 october 1980
M&W 50	10 october 1970 to 9 october 1975
M&W 55	10 october 1965 to 9 october 1970
M&W 60	10 october 1960 to 9 october 1965
M&W 65	10 october 1955 to 9 october 1960
M&W 70	10 october 1950 to 9 october 1955
M&W 75	10 october 1945 to 9 october 1950
M&W 80	10 october 1940 to 9 october 1945
M&W 85	10 october 1935 to 9 october 1940
M&W 90	10 october 1930 to 9 october 1935
M&W 95	10 october 1925 to 9 october 1930
M&W 100+	Born on or before 10 october 1925

Entries

The registration must be done online only.

EVENTS	UNIT PRICE (EURO)
First individual events	65.00 €
Each additional Individual Event	35.00 € (each)
First combined event	65.00 €
Each additional Combined Event	35.00 € (each)
Accompanying Person (includes accreditation, transportation pass, discount card)	25.00 €
Relays (to pay in site) each team	30.00 € (each team)
Athlete's party	30.00 €
T-shirt	12.50 €

National fee will be added, when the athlete does his registration.

Bank and Service charges (5€) will be added in the registration.

Cancellation fee: Withdraw/cancellation policy of 15 euros (the athlete can receive 100% entry fee refund in case of cancellation before the registration deadline).

Registration Services are being provided by OpenTrack.



Tourism

You can find all the information on the website <https://visitmadeira.com/en/>



PONTA DE SÃO LOURENÇO

MADEIRA ISLANDS

Hints and Tips

Emergency contact number General emergency number is **112**

Currency

The currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Tipping

Tipping in Portugal is not very common. The price of a product or service has service and taxes always included.

So it's normal to pay the bill as it is.

If you like to tip anyway, it is totally acceptable. You can sometimes find a tipping jar at a bar. You can also round the bill up to nearest convenient figure.

Taxis

Official taxis can be identified with taxi sign. There are official taxi stops for customers or taxi can be ordered with phone.

The price of the taxi ride is based on the following parts: starting price, which is depending on the time of the day, travel rate affected by the number of passengers as well as time charge per minute.

Electricity

The electric current for use in homes and hotels, as in most of Western Europe countries, is 220 volts (50 Hz) and the plugs used are three round pins.

Local Time during the Championships UTC+00:00.

Driving

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location. If buses have seatbelts you are required to use them.

Water

Note that it's safe to drink tap water in Madeira Island.

Mobile Phone Networks

Mobile phone networks operate under 5G, 4G, 3G and 2G. Only phones that are manufactured to operate under these systems will work in Portugal. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Portugal, which will allow temporary connection with the Portuguese networks.

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WELCOME TO MADEIRA ISLAND!