



ATHLETES' VILLAGE

Booking at www.grossetosport.org will guarantee free shuttle bus service between Athletes' Village and competition venues, with exclusive EMACNS 2015 gadget.

FREE TRANSPORTATION

Shuttle bus service for free, in the 3 days of the event, from Athletes' Village to competition venues and return: Grosseto (Friday & Sunday) and Castiglione della Pescaia (Saturday)



HOW TO GET HERE

By car

From north (Pisa) and from south (Rome) follow the SS1 route.

By train

Grosseto railway station is along the Pisa-Rome line, with frequent trains running in both directions.

By plane

The closest airports are Rome Fiumicino, Pisa and Florence, all international airports.

MAREMMA TUSCANY

The project Maremma Tuscany embraces EMACNS 2015 and also other major international events like the IPC Athletics European Championships, the continental track and field competition for athletes with a disability, that will be held in Grosseto on June 2016.



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EMACNS
GROSSETO
2015

EUROPEAN MASTERS ATHLETICS
 CHAMPIONSHIPS NON STADIA
 ROAD RUNNING/RACE WALKING/CROSS COUNTRY
 MAY 15 - 16 - 17





WELCOME!

81,500 inhabitants

10 km to the sea

15 km to the Maremma Regional Park

Grosseto is the biggest city in Maremma, a large area in southern Tuscany, having a strategic location between Rome and Florence, close to one of the most beautiful coastlines in Italy. The unique blend of modern and medieval architecture in the city is quite attractive, from the Cathedral to well-maintained Middle Age walls.



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May 15-17, 2015

Grosseto, Tuscany - Italy

Road running, cross country, race walking

8 individual & 10 team events

Road running and race walking events in Grosseto

Cross country relay in Castiglione della Pescaia

PROGRAMME

◆ Friday May 15th, 2015 - GROSSETO

9.30 Race Walking 10 km Women

11.00 Race Walking 10 km Men

15.00 Road Running 10 km Women

16.15 Road Running 10 km Men 35-50

17.15 Road Running 10 km Men 55+

◆ Saturday May 16th, 2015 - CASTIGLIONE DELLA PESCAIA

10.00 Cross Country 3x2 km Women

11.00 Cross Country 3x2 km Men 60+

12.00 Cross Country 3x4 km Men 35-55

◆ Sunday May 17th, 2015 - GROSSETO

9.30 Half Marathon Men & Women

15.00 Race Walking 30 km Men & 20 km Women

ENTRIES: Online at www.grossetosport.org

Men and women born on or before May 15th, 1980 can participate in EMACNS 2015. Competition is in five-year age groups.



GROSSETO

The city successfully hosted European Athletics Junior Championships in 2001 and IAAF World Junior Championships in 2004 at the Carlo Zecchini Olympic Stadium. Now it's time for the veterans!

Main site of EMACNS 2015 is the Campo Scuola Bruno Zauli track, adjacent to the stadium. Here is the finish line for road running events, but includes also technical information centre, expo village, souvenir store, catering point.

10 km Road Running: loop course, flat and fast

Half Marathon: 3 laps through historic city centre, against the backdrop of the 16th century Medici Walls

Race Walking: road course at City Park (via Giotto), inside the sports complex

CASTIGLIONE DELLA PESCAIA

Seaside town around a medieval fortress, well known for the beautiful beach, has won many awards for the clean quality of water. It's the venue for Cross Country Relay in EMACNS 2015 with start and finish near Casa Mora stadium, about 25 km from Grosseto.

