

LOUGHTON ATHLETIC CLUB

THE LONDON OPEN WALKS INCORPORATING THE SOUTHERN YOUNGER AGE GROUPS CHAMPIONSHIPS

Sunday 31st January, 2010

Victoria Park, London
(Changing at Victoria Park Harriers' H.Q.)

1:00 p.m. Under 11 Boys and Girls 1k
1:20 p.m. Under 13 and Under 15 Girls 2.5k
1:40 p.m. Under 13 and Under 15 Boys 2.5k
2:00 p.m. Under 17, Junior and Senior Women
and Under 17 Men 5k

Senior and Junior Men 10k

(In this race, 5k walkers may complete the 10k for the Essex League)

Awards

All events: first three individuals, first three teams of three
Senior Men and Women: first Centurion n.o.a. first veteran n.o.a.
One second-claim walker may score in each open team.

Entry Fees

Seniors and Juniors £4.00
Under 11s £1.50
All others £3.50

(Additional £3.00 fee for S.R.W.A. Championships)

No Team Fees for Open or Championships

Please state Date of Birth

Entries in advance are preferred
with cheques in favour of Peter Cassidy to him at:
Hufflers, Heard's Lane, Shenfield, BRENTWOOD, CM15 0SF
Phone 01277 220687 – Fax 01277 212380
Email Peter.Cassidy@btinternet.com
Entries accepted on the day

All events except Under-11s are Category A

This is a National Y.A.G. Grand Prix Event

LOUGHTON ATHLETIC CLUB

ENTRY FOR THE LONDON OPEN WALKS INCORPORATING THE SOUTHERN YOUNGER AGE GROUPS CHAMPIONSHIPS

Sunday, 31st January, 2010

Victoria Park, London

Name.....

Address.....
.....

Phone/E-mail.....

Club.....

Date of Birth.....

Event.....

If entering S.R.W.A. Y.A.G. Championship, please tick here

Entry Fees:	Under 11	£1.50
	Senior & Junior	£4.00
	All others	£3.50

For S.R.W.A. Y.A.G. Championships, please add £3.00

No team fees for any events.

Cheques should be made payable to Peter Cassidy and sent to him at:
Hufflers, Heard's Lane, Shenfield, BRENTWOOD, CM15 0SF
(Phone: 01277 220687, Fax 01277 212380,
E-mail Peter.Cassidy@btinternet.com)

For confirmation of your entry, please tick here

Confirmation will be sent by E-mail, unless an S.A.E. is enclosed.