

**LOUGHTON ATHLETIC CLUB
R.W.A. SOUTHERN AREA**

**THE LONDON OPEN WALKS
INCORPORATING THE R.W.A. SOUTHERN AREA CHAMPIONSHIPS**

Sunday 4th February, 2018

Queen Elizabeth II Stadium, Donkey Lane, ENFIELD, EN1 3PL

12:00 noon Under 11 Boys and Girls 1k
12:20 p.m. Under 13 Boys and Girls 2k
12:40 p.m. Under 15 and Under 15 Boys 3k
1:00 p.m. Under 17 Men and Women 5k
Junior and Senior Women 5k
Junior and Senior Men 10k

(With prior notice, 5k competitors may continue to the 10k finish.)

Awards

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

Entry Fees (Open/Open+Championship)

Seniors and Juniors £7.00/£8.00
Under 11s No charge
All others £6.00/£4.00
No Team Fees

Please state Date of Birth on Entry Forms

N.B.: All Southern Championship Competitors *MUST* enter the Open Event as well and pay both the appropriate fees.

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

All events except the Under 11s are Category A

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

**LOUGHTON ATHLETIC CLUB
R.W.A. SOUTHERN AREA**

**ENTRY FOR THE LONDON OPEN WALKS AND
R.W.A. SOUTHERN AREA CHAMPIONSHIPS**

Sunday, 4th February, 2018

Queen Elizabeth II Stadium, Donkey Lane, ENFIELD, EN1 3PL

Name.....Reg. No.....

Address.....
.....
.....

Phone/Email.....

Club.....

Date of Birth.....

Centurion No. (if applicable)

Event entered: Distance & Age Group.....

**Please delete here as appropriate: Open Event only
Open + S.R.W.A. Championships**

Tick here for acknowledgement

Acknowledgement will be sent by Email if an address is given; otherwise, please enclose an s.a.e.

Entry fees: Under 11	No charge
Senior and Junior	£7.00 Open/£8.00 Southern Championship
All others	£6.00 Open/£4.00 Southern Championship

No team fees

Please make all cheques payable to Peter Cassidy and send entries to him at:
Hufflers, Heard's Lane, Shenfield, BRENTWOOD, CM15 0SF.