



Loughton Athletic Club & Race Walking Assoc. (Southern Area)

The London Open Walks & R.W.A. (Southern) Championships

Sunday 2nd February 2020

Hillingdon Cycle Circuit, Springfield Road, Hayes, Middlesex, UB4 0LP

- 2.00pm Under 11 Boys & Girls 1km
- 2.00pm Under 13 Boys & Girls 2km
- 2.00pm Under 15 Boys & Girls 3km
- 2.40pm Under 17 Men's 5km
- 2.40pm Under 17 Women & Under 20 Women 5km
- 2.40pm Senior Men, Senior Women & Under 20 Men 10km

(With prior notice (on the day) U20 Women 5km competitors may continue to complete the 10km)

Awards

All events: first three individuals, first teams of three
Senior Men & Senior 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 (Southern Qualified Athletes – Open & Area Championship)

10km = £15.00

5km, 3km, 2km = £12.00

Entry Fees (Non-Southern Qualified Athletes – Open Only)

10km = £7.00

5km, 3km & 2km = £6.00

No entry fee for Under 11's 1km

Entries online at www.uk.entry4sports.com

Closing Date for Entries = Monday 27th January 2020

Entries on the Day will not be accepted

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

Further information available from

Peter Cassidy (Loughton AC) peter.cassidy@btinternet.com
or Noel Carmody (SRWA Championship Sec.) noel.carmody@btopenworld.com