



Race Walking Association (Southern Area)

Men's & Women's 20k Road Championships

(Guest walkers from outside the Southern Area welcome)

Saturday 7th August 2010 @ 2:00pm

Ford Sports Club, Gardiners Lane, Basildon, Essex, SS14 3HE

Entry Form

Name	
EA Registration N°	
Address	
Date of Birth	
Gender	
Club	
Email	

Entries to Noel CARMODY: 41 Herbert Road, Bexleyheath, Kent, DA7 4QF

Entry Fee = £5.00 – Cheques payable to N. Carmody

(Late entries or entries without the correct entry fee will NOT be accepted)

Closing date for entries = Monday 2nd August 2010

Disclaimer and agreement – Please enter me for the above event. I hereby declare that I am an amateur according to UK Athletics rules. I understand that I take part entirely at my own risk and accept that the organisers shall not be liable for any injury or illness to my person as a result of my taking part, nor for damage to or loss of property.

Signed _____

Date _____