



UK Athletics and the Race Walking Association
jointly present the

2010 National 20km Race Walking Championships
incorporating the Junior 10km Championships and
RWA Younger Age Group Championships

This event will also include the
English Commonwealth Games and Great Britain World Cup Trials

Sunday 11th April

Victoria Park Harriers H.Q. Victoria Park, London, E9

Programme of Events

- 1.00 pm. Under 13 Boys and Girls 2kms
- 1.20 pm Under 15 Boys and Girls 3kms
- 1.40 pm Under 17 Mens and Womens 5kms
- 2.15 pm Men/Women 20kms/Junior 10kms

Entry Fee £10 seniors £6 Juniors Before Monday 5th April to:

Peter Marlow

The Picture House, 134g Southgate Street, Bury St Edmunds, Suffolk, IP332AF

Email: pmarlow@btinternet.com

Tel: 01284754177.

Cheques should be made payable to the "Race Walking Association"

Free Tee Shirt for all starters



Please enter me for the following UKA/RWA championship event at Victoria Park, London on Sunday April 11th 2010.

Event _____

Name _____ Gender _____

Date of Birth ____/____/____

Address _____

Club _____

County _____

email: _____

Telephone: _____

Disclaimer: I acknowledge that Victoria Park Harriers, UK Athletics and the Race Walking Association, cannot be held responsible for any injury or loss sustained as a result of my participation in the event.

Signed _____

Date _____