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13th.September 2015.

Dear Colleague,

Midland Area Race Walking Association.
Winter League 2015.

This year's winter league races will be held on the following dates: -

- 1) **Sunday 11th.October 2015** – Stourport Sports Centre.
- 2) **Sunday 1st.November 2015.** – Alexander Stadium, Perry Barr
- 3) **Sunday 22nd.November 2015.** – Coventry

The programme and start times for all three meetings are as per attached schedule.

Please note the revised start time for the first meeting at Stourport.

The Winter league series will be judged as 'B' race category.

Entry fees are as follows:

Competitors – 17yrs & over - £4.50 per race which includes 50p R.W.A. Levy per meeting

Competitors – Under 17yrs & over 11yrs – £3.50 per race and which includes 50p R.W.A.

Levy per meeting

Competitors – Under 11yrs - £1.50 per race.

Note: Where an athlete is competing in two events (i.e. 5km & 10km) only one charge for RWA Levy will be made.

Once again I am requesting that all clubs try to ensure that even if a member is only intending to compete in either one or two races in the series, that he or she is entered on the attached entry form. This will enable a race number to be issued at the outset, rather than on the day of the race and so prevent a last minute rush for an allocation of a number.

It should be mentioned, that if a competitor decides to enter at the last minute on the day of the race, then he or she cannot be guaranteed a 'handicap allowance'.

Your co-operation in helping avoid this problem does not occur before races, would be much appreciated.

Please note:

- a) **Men and women are allowed to compete at 5km, 10km or both. To qualify for an individual medal in the 5km series, a walker must walk three races at 5km. For an individual 10km medal the walker must walk 3 races at 10km.**
- b) **Doubling up at the same meeting should be allowed but the athlete must pay for each race.**
- c) **For handicap purposes it would be helpful if athletes stipulate their intended distance/s when entering the series. Prior notice should be given to the handicapper if an athlete subsequently wishes to race a distance which she/he had not already indicated.**
- d) **Volunteers as Marshals are significantly required for all three meetings.**

Please return entries as soon as possible and make any cheques payable to

Race Walking Association Midland Area.

Payment on the day of each race series is acceptable.

Entries by telephone will only be accepted providing entry form follows by email or post.

Please enter all names that is anticipated will be racing in all or even one or two of the series.

Each entrant will only pay for what race they compete in and in any one of the series.

Basically I need to put race numbers to names save last minute panic.

I accept they may be the odd late entry but would wish to avoid if at all possible.

Please also ensure that the athletes' competition/registration number is included on the entry form.

If I can assist with directions to either of the venues then please contact me for details.

Yours Glyn Jones

Competition Secretary.

Winter League – Time Table. – 2015.

1st.Meeting Only. (11th.October – Stourport)

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|---------------|---|
| 1pm | 5km races (Men & Women) |
| 1.45pm | All 1km Races (Boys & Girls over 9yrs – under 11yrs) |
| 2.00pm | All 2km Races (Boys & Girls over 11yrs – under 13yrs) |
| 2.20pm | All 3 km Races (Boys & Girls over 13yrs – under 15yrs) |
| 2.45pm | 10km Race (Men & Women) |

2nd. & 3rd Meetings.

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|-----------------|--|
| 12.30pm. | 5km races (Men & Women) |
| 1.15pm. | All 1km. Races (Boys & girls over 9yrs – under 11yrs) |
| 1.30pm. | All 2km Races (Boys & girls over 11yrs – under 13yrs) |
| 1.50pm | All 3km Races (Boys & girls over 13yrs – under 15yrs) |
| 2.15pm | 10km Race (Men & Women) |
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