

**Good News! A real race**

There will be a walk in the LICC meeting on 31<sup>st</sup> July. The start time is 10.50 and entries must be made online. and THERE WILL BE NO ENTRIES TAKEN ON THE DAY. Details below.

**VERWL Next Fixture** For those not doing the LICC event the VERWL will continue on the same weekend

30<sup>th</sup> July/1<sup>st</sup> August Distance: 5km Performance to be registered by **Midnight on 1<sup>st</sup> August to r.emsley@btopenworld.com**  
Name, age category, club and Centurion number if applicable

**LONDON INTER CLUB CHALLENGE**

**StoneX Stadium, Greenlands Lane, Hendon, London, NW4 1RL (formerly Copthall)**

*UKA LICENCE – LEVEL 2*

**Match 3 - Saturday 31 July 2021**

PROVISIONAL TIMETABLE

MEMBER CLUBS FOR 2021: Achilles Club and Shaftesbury Barnet Harriers

Time	Entries	Event details
<b>10.50</b>		<b>5000m Walk – incorporating 1000m and 3000m for Young Athletes</b>
11.00		<b>Hammer</b> (All age groups) - outside
11.00		<b>Long Jump</b> (All age groups) Pool 1 (PB under 5.10m)
11.45		<b>5000m</b> – All age groups
12.10		<b>400m Hurdles</b> - All age groups
12.15		<b>Discus</b> (All age groups) Pool 1 (PB under 35m)
12.15		<b>Long Jump</b> (All age groups) Pool 2 (PB over 5.10m)
12.40		<b>300m Hurdles</b> – U17 Women
12.50		<b>1500m Steeplechase</b> – Barriers 76.2cm
13.00		<b>800m</b> - All age groups
13.45		<b>Discus</b> (All age groups) Pool 2 (PB over 35m)
13.45		<b>Triple Jump</b> (All age groups)
14.00		<b>100m</b> - Women "A" followed by all age groups
14.30		<b>Pole Vault</b> – All age groups
15.00		<b>High Jump</b> – All age groups
15.00		<b>300m</b> – U15 boys, U15 + U17 girls
15.10		<b>400m</b> – Women "A" followed by all age groups
15.30		<b>Javelin</b> (All age groups) - outside
15.50		<b>70m, 75m &amp; 80m Hurdles</b> - (All Young Athlete age groups)
16.00		<b>Shot</b> – (All age groups) - outside
16.10		<b>100m Hurdles &amp; 110m Hurdles</b> (SW, U17 boys, Masters, SM and JM)
16.35		<b>200m</b> - Women "A" followed by all age groups
17.25		<b>1500m</b> - All age groups

Photo finish and EDM are provided for all meetings. **Online entries only – no entries on the day.** Details at <https://entry4sports.co.uk/269/> and updates also at <https://www.facebook.com/groups/906800019816611/about>.