

**COLCHESTER AND TENDRING ATHLETIC CLUB**  
**MIDSUMMER WALKS - Provisional**

**Monday Evening 24<sup>th</sup> June 2019**  
The Garrison Track, Colchester, Essex.

**1km Track Walks – RWA ‘B’ Rules** (Awaiting Permit)  
U11s Development Race & U13s at 6:45pm (Running penalty 30s)  
Other Ages at 7pm

Entry Form (Please use block capitals):

Name .....

Gender    M / F    (Please circle)            EA Reg. No .....

Date of Birth ..... School Year ..... EA Age Group .....

Club .....

Address .....

.....

Phone ..... Email .....

Declaration: I agree to abide by the normal Race Walking Association rules and accept that neither the race organisers or partner organisations will be held responsible for any injury, illness, or damage to or loss of property resulting from this event.

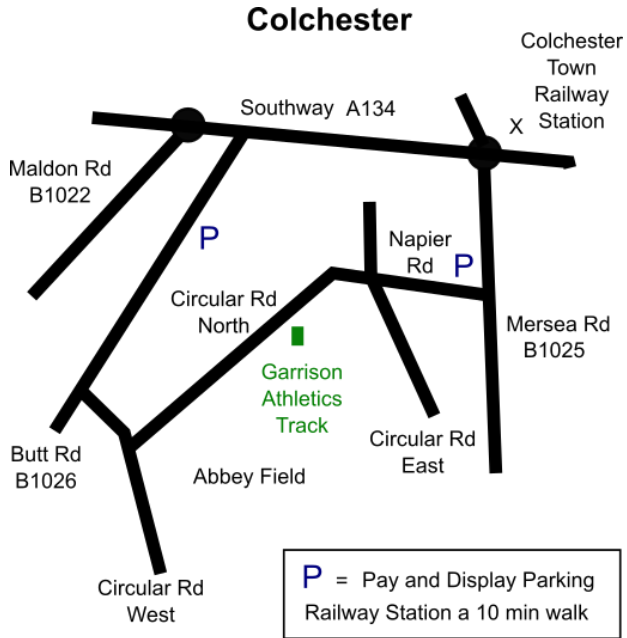
Signed ..... (signature / name of adult if under 18)

Name ..... Date.....

Entry fees: Under 11 (Age 9 and over)	No Charge
CATs members	No Charge
All other entries	£2.00

Club members may enter on the evening.  
Other entries by personal or email request to [scartwright174@btinternet.com](mailto:scartwright174@btinternet.com)  
with payment on the night.

# Colchester Garrison Track Location Map



Athletics track postcode for navigation purposes only CO27GZ