



Southend 100 Miles ENTRY FORM

Garons Leisure Centre Track, Eastern Avenue, Southend-on-Sea
2nd -3rd August 2014
12 noon start

Surname		
First Name		
Address		
.....		
.....		
Post Code		Mobile/Tel No.
email		
Sex M/F	Date of Birth	Age (on race day)
English Athletics Registration No. (if applicable)		Nationality
Club (affiliated to UKA)		
please tick here if unattached..... (please see Rules regarding unattached athletes)		
Centurion No. (if applicable):		Continental Centurion No. : (if applicable)
Previous 100 miles/24hours/ultra walks		

Disclaimer: I acknowledge that I take part at my own risk and that neither the Brotherhood of Centurions, Southend AC or Garons Leisure Centre, be held responsible for any personal injury, loss or damage that I may sustain by taking part in this event.

All entries, with entry fee of £40.00, to Ms Kathy Crilley, Flat 11, 10 Bramham Gardens, London SW5 0JQ. Tel no. 020 7373 6200; email kathy.crilley@btinternet.com. Cheques payable to The Centurions. Overseas entrants may pay in sterling on the day.

Signed:..... Date:.....



Southend 100 Mile Race
RWA Long Distance Championship
qualifying race for the Brotherhood of Centurions
sponsored by Southend AC
2nd-3rd August 2013

Garons Leisure Centre, Garons Park, Eastern Avenue, Southend on Sea SS2 4FA

The race will be held under UKA/IAAF Race Walking Rules.
RWA Permit applied for

Rules

1. The race is open to all athletes - seniors, veterans, male and female licensed to a national federation affiliated to the IAAF.
2. Non-licensed participants may participate if they have not competed in an athletic race as unattached within the 12 months up to 2 August 2014
3. Entry Fee: £40.00 (overseas entrants may pay on race day - in sterling)
4. Entries close 12 July 2014. A waiting list will be in operation in the event of withdrawals prior to race day. No entries on the day.
5. The race will be held under UKA/IAAF Race Walking Rules. Competitors running or jogging will be disqualified.
6. Competitors must be 20 years of age or over on the day of competition (2 August 2014)
7. All competitors must obey instructions given by Race Officials
8. The Chief Referee's decision is final in the event of a dispute.
9. Race numbers must be worn front and back and be clearly visible at all times.
10. A walker may be accompanied by an attendant for such purposes as refreshments and any change of kit. The attendant must walk behind the walker when supplying food, drinks, etc. (see below)
11. The attendant is not permitted to render any direct assistance to the walker's progress (other than 10 above) and must not interfere with other competitors or officials.
12. Pacing is not allowed in front, beside or behind the competitor.
13. Competitor's support crew are confined to the support area designated by the Race Organisers.
14. The time limit for the 100 mile race is 24 hours.
15. The race will be held on a 400 metre track (inside track) - all participants must observe track etiquette ensuring walkers are aware on being overtaken, etc.