

2011 Enfield Walking League *A warm welcome is extended to walkers regardless of age or standard*

Format: Twelve events will constitute the 2011 *League* (best nine to score) each of which will carry a minimum of sixty points. However, events with more than forty-five participants will carry seventy. Points will be awarded in descending order, the winner being credited with the highest available. Double points will be awarded for the three opens and those that complete the Half Marathon.

Race Conditions: The event referee to be appointed by the organising committee.

All races will be under the category 'B' rules – Contact with a walking mode of progression.

Decisions about permissible/appropriate apparel will be made by the event referee.

The **entry fees** will be **£5** although there may be additional fees for championship or open events. There will be no entry fee for walkers under the age of 16.

The *League* awards will be presented at the first fixture of 2012 to Senior and YAG individuals, senior mixed club teams of six (*which may include second claim members*) and mementoes to walkers who have competed in six events.

Individual Handicap/Spot awards may be made at fixtures other than the three “open” events and will be presented at the fixture following the one at which they were won. Only walkers who have completed two or more *League* races qualify for a handicap mark.

Centurion Centenary Awards: In addition to handicap prizes made at the four 5 mile events, a trophy will be presented to the highest placed centurion in the final *League* standings.

22 nd January	2.00pm (1)	5 miles Opening League fixture and 2010 Presentations <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
19 th February	2.00pm (2)	10miles inc. Middlesex, Herts, Essex and Suffolk County championships <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
9 th April	1.00pm (3)	Pat Furey Open 5 miles <i>Bonus points</i> <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS.</i>
23 rd April	11.45am (4)	3 km track <i>and</i> YAG 1km in the LICC meeting <i>Parliament Hill Fields Track, NW5 1QR.</i>
4 th June	2.00pm (5)	Moulton Open Five <i>Amblers, Ramblers, Power & Race Walkers</i> <i>Bonus points</i> <i>Moulton Village Hall, Suffolk, CB8 8QP inc. EHAC Club championship</i>
11 th June	11.45am (6)	5km track <i>and</i> YAG 1km in the LICC meeting <i>Copthall Barnet</i>
16 th July	11.45am (7)	3km track <i>and</i> YAG 1km in the LICC meeting <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
23 rd July	1.00pm (8)	Half Marathon and shorter distances <i>Bonus points for completion of full distance</i> <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
20 th August	11.45am (9)	5km track <i>and</i> YAG 1km in the LICC meeting <i>Ahtons Track, Woodford</i>
17 th September	2.00pm (10)	10km League Race <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
8 th October	2.00pm (11)	5 – 8 miles Badge Races/Train in Spain <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS.</i>
12 th November	2.00pm (12)	85th Enfield Open Seven – Club Championships <i>Bonus points</i>

Note:

It is League policy to encourage walkers whatever age or standard to take part. Thus in principal any walker wishing to do a distance less than that advertised is welcome and will be given a time. There are however some exceptions and they are; The LICC events because they are short distances anyway and the Moulton event which is an out and back course.

LICC Fixtures

Match 1 - Saturday 23 April - Parliament Hill - HH

Match 2 - Saturday 11 June - Barnet Copthall - SBH

Match 3 - Saturday 16 July - Lee Valley - E&H

Match 4 - Saturday 20 August - Ashton PF - WG&EL