

NEWQUAY & PAR  
ATHLETIC  
CLUB

## 25th LAST DITCH THROWS MEETING

To be held at

THE PAR ATHLETIC TRACK

on

SUNDAY 20th SEPTEMBER 2009

Starting at 12.00 noon

XXXXXXXXXX

Age groups included are under, 13, 15 & 17 at 01/09/2009  
(Years, 6/7, 8/9 & 10/11)  
under 20 must be 19 or under during the *whole* of 2009,  
Seniors are 20 at 31/12/09 & above

There will be 6 throws for all unless more than 6 compete in each age group  
when 3 throws will be given & the top 6 have a further three

*FEATURES THE FIRST USE OF EDM MEASUREMENT IN CORNWALL*

***THIS IS NOT A TROPHY MEETING BUT A CHANCE TO IMPROVE  
YOUR SEASON OR PERSONAL BEST PERFORMANCES  
WITHOUT OTHER EVENT DISTRACTIONS***

***(The last few years have seen a number of County Records broken)***

*A Bottle of 'Bubbly' for every Senior track Record Beaten at the post meeting dinner*

*Click on the County Statistics link on our Website to view these - [www.newparac.co.uk](http://www.newparac.co.uk)*

***FEES ARE: £2.50 for the first event & £1.50 further events***

***Entries to:***

**Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN**

***no later than* FRIDAY 11th SEPTEMBER 2009**

***(entries will be accepted at £1 extra per event)***

**Cheques payable to Newquay & Par AC**

**NEWQUAY & PAR ATHLETICS CLUB - ENTRY FORM**  
**LAST DITCH THROWS COMPEITION**  
**Sunday 21th September 2009**

NAME .....CLUB.....

ADDRESS .....

E-MAIL ADDRESS .....

PHONE NUMBER .....

Signed (by Parent or Carer if under 18) .....

Delete the following as necessary:

MALE / FEMALE

U13 / U15 / U17 / U20 / SENIOR  
(Under 13, U15, U17 may only compete in 3 events)

SHOT / DISCUS / JAVELIN / HAMMER

P/b or s/b .....

IF ENTRIES WARRANT, EVENTS WILL BE MIXED & GRADED, PLEASE PROVIDE YOUR  
SEASON / PERSONAL BEST PERFORMANCE BELOW THE EVENT

Please send your completed entry form, with the fee of £2.50 for the event and £1.50 for  
subsequent events to:

**Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN**  
**no later than FRIDAY 11th SEPTEMBER**

(entries will be accepted at £1 extra per event) Enclose SAE for timetable unless an e-mail  
address is provided – this will be after the entry closing date

**Cheques payable to Newquay & Par AC**