

NEWQUAY & PAR
ATHLETIC
CLUB

26th LAST DITCH THROWS MEETING

To be held at
THE PAR ATHLETIC TRACK
on
SUNDAY 19th SEPTEMBER 2010

Starting at 11.30am
XXXXXXXXXX

Age groups included are under, 13, 15 & 17 at 01/09/2010
(Years, 7/8, 9/10 & 11/12)
under 20 must be 19 or under during the *whole* of 2010,
Seniors are 20 at 31/12/10 & 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

***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

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 10th SEPTEMBER 2010

(entries will be accepted on the day at £1 extra per event- e-mailed entries must be paid pre competition day, otherwise the additional £1 will be charged)

Cheques payable to Newquay & Par AC

NEWQUAY & PAR ATHLETICS CLUB - ENTRY FORM

LAST DITCH THROWS COMPEITION
Sunday 19th September 2010

NAMECLUB.....

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 10th 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