



A Community Amateur Sports Club

WOODFORD GREEN A.C. WITH ESSEX LADIES

Est. 1908 situated in Essex, England President John. L. Hayward esq.

Open Graded Meetings 2010

Ashton Playing Fields, Chigwell Road, Woodford Bridge, IG8 8AA

Track

Throws

Jumps

Tuesday, 8 June 2010

6.30 p.m.	3000m Walk		
7.00 p.m.	100m	Hammer	Pole Vault & High Jump
7.20 p.m.	800m		
7.40 p.m.	200m		
8.05 p.m.	3000m		

Tuesday, 6 July 2010

6.20 p.m.	5000m Walk		
6.45 p.m.		Discus	
7.00 p.m.	100m		
7.20 p.m.	1500m		
7.30 p.m.		Javelin	
7.40 p.m.	400m		
8.05 p.m.	3000m		

Tuesday, 3 August 2010

6.30 p.m.	3000m Walk		
7.00 p.m.	100m	Hammer	Long Jump
7.20 p.m.	800m		
7.40 p.m.	200m		
8.05 p.m.	3000m		

Tuesday, 31 August 2010

6.30 p.m.	3000m Walk		
7.00 p.m.	100m	Shot	Triple Jump
7.20 p.m.	1500m		
7.40 p.m.	400m		
8.05 p.m.	3000m		

ELECTRONIC TIMING in use at all meetings

Bar and canteen open

Entries on the day: £2.50 per event (£2.00 per event for under-17s)

Please note minimum age is 11 - unless with the prior agreement of the meeting organiser
wgel.org.uk