

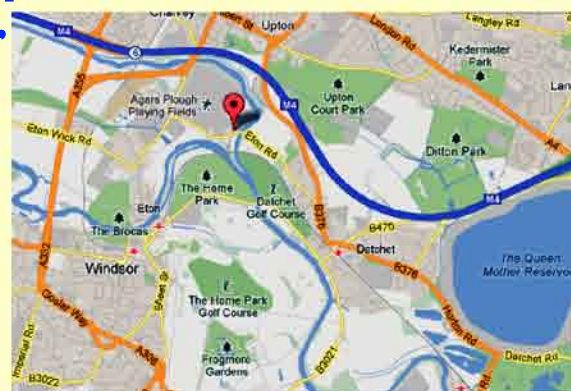
**You've cheered on our Olympians.
You've admired our Paralympians.
...now it's
your turn!**



The British Airways Athletics Club presents:

**The  Track and field Championship and Family Fun Day
Sunday 23rd September 2012**

**Thames Valley Athletics Centre,
Pococks Lane, Eton, SL4 6HN**



*You, your family and friends are invited to try out some track and field events and to have some fun. All standards welcome including absolute beginners. The qualifying standard for all events is that you must turn up to take part!***

Generously sponsored by Planesaver, participation is free. Spectators are welcome though may be roped in to help oversee events.

provisional schedule with approximate timings

Start Time	Family and Fun	Track Event	Field Event
12:30			Discus*
13:00		800m	
13:15			Long Jump*
13:30		200m	
13:45			High Jump*
14:00	Balloon and egg and spoon race		Shot
14:15		400m*	
14:30	Wellie wanging		
15:00		3000m	
15:15	Age 7 and under 50m sprint		Javelin*
15:20	Age 8-10 years 80m sprint		
16:00		100m	
16:15	100m backwards*		
16:30	3 legged race		Hammer
16:45		1500m*	
17:15	Presentation and close		

** Superstars event - an open competition for anyone who wishes to participate in a variety of both track and field events, to parade their athletic prowess!*

*** Participants take part entirely at their own risk. Some advice may be given before each event.*

For more information and to register your intention to attend please contact Eddie Giles at EddieGiles@et-enterprises.com or Roderick Hoffman (roderick.hoffman@ba.com)

British Airways Athletics Club : www.barunner.org.uk