



## An invitation to WGEL Open Graded Meetings

Subject: An invitation to WGEL Open Graded Meetings

Message from Billy Green May 2, 2024 10:44

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

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Dear Club Secretary,

Please find below information about forthcoming Open Graded Meetings at Woodford Green with Essex Ladies Athletics club- sent on behalf of our club and the organisers of the event. We would really appreciate it if you could help spread the word about these events with your members- a flyer is attached.

Best wishes,

Kate

Woodford Green are hosting 3 Open Graded meetings at Ashton Playing Fields (Woodford) this summer. The first takes place on Tuesday 28th May with the following events: hammer, pole vault, javelin, 100m, 200m, 800m and 3k. All information and the form to book an event can be found here: [www.wgel.org.uk/open-graded](http://www.wgel.org.uk/open-graded)

Please note that pre-event registration is essential as no entries will accepted on the day.

The full address of APF is: 598 Chigwell Road, Woodford Bridge, Essex, IG8 8AA. There is a large car park over two sections. Please try to park in the designated bays to avoid access issues. The track is also easily accessible from Woodford station- it's a 15 minute walk.

For more information, please look at the Club website or contact [karensziggs@hotmail.co.uk](mailto:karensziggs@hotmail.co.uk).

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If you need to respond to this email please do not reply but contact Billy Green separately



## An invitation to WGEL Open Graded Meetings

# OPEN GRADED

READY, SET, GO!

**LOCATION**  
KENTON PLAYING FIELDS  
338 CHICHEWELL ROAD  
WOODFORD BRIDGE  
ESSEX, IG8 8AA

**MORE INFO & REGISTRATION**  
[wgel.org.uk/open-graded](http://wgel.org.uk/open-graded)





**MAY 28TH**  
OPEN EVENT

100M, 800M,  
200M, 3K  
RUN,  
HAMMER  
THROW,  
POLE  
VAULT &  
JAVELIN

# MEETING

The event will be held under UK Athletics rules and UKA Licence OUT 22/170, featuring photo-finish and electronic timing. All field events will allow up to six trials, subject to entry limits. Entries must be submitted by midnight on the Tuesday before each competition, and all anti-doping rules apply.

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