IMPORTANT ; the second match is now at Lee Valley . PLEASE DESTROY PREVIOUS PROGRAMMES - THIS IS THE ONLY VALID COPY

Teams   
1  Barnet & District                         5  Ilford (MEN only)  
2  Dacorum & Tring (MEN only)      7  Trent Park  
3  Enfield & Haringey                      9  Harrow (MEN only)  
4  Herts Phoenix  
   
Track Nos:  1-9(A)  11-19(B)  51-59(50+)  61-69(60+)  
Walking Nos:  Men 1-9 & 51-59 , Women 11-19 & 61-69   
....................................................................................................................................  
Match 1  -  Monday 29th April  -  at Lee Valley N9 0AR - hosts Enfield & Haringey  
1830  Discus Women                      (A,50+,60+)       Shot Men (60+)  
1840  100m Men                             (A,B,50+,60+)  
1900  100m Women                        (A,B,50+,60+)   Shot Men (50+)  
1920  2000m Walk Men & Women (A,50+)  
1930  High Jump Women                (A,50+)              Shot Men (A)  
1935  Discus Men                           (50+)  
1945  400m Men                             (A,B,50+)           Long Jump Men (A,50+,60+)  
2000  400m Women                        (A,B,50+)  
2000  Discus Men                            (A)  
2010  1500m Men                           (A,B,50+,60+)  
2030  1500m Women                      (A,B,50+,60+)  
2045  4 x 100m Relay Men          
2055  4 x 100m Relay Women   
   
High Jump Women: start ht - 80cm then 90cm , 1m , 1.05m   
.........................................................................................................................................  
Match 2  -  Monday 20th May  -  at Lee Valley N9 0AR - hosts Barnet & D with Trent Park  
1830  Shot Women                       (A,50+,60+)            Hammer Men          (60+)  
1845  110m Hurdles                     (A)                          
1900  800m Men                          (A,B,50+,60+)         Hammer Men          (50+)  
1915  800m Women                     (A,B,50+,60+)         Long Jump Women  (A,50+)  
1930  200m Men                          (A,B,50+,60+)         Hammer Men          (A)  
1945  200m Women                     (A,B,50+,60+)  
2000  Javelin Women                    (A,50+)  
2005  3000m Men                         (A,B,50+)  
2025  3000m Women                    (A,B,50+)  
2045  4 x 400m Relay Men  
2055  4 x 400m Relay Women

........................................................................................................................................  
Match 3  -  Monday 10th June  -  at Lee Valley N9 0AR - hosts Enfield & Haringey  
1830  Shot Men                                  (50+)                    Triple Jump Men       (A,50+)  
1830  Hammer Women                      (A,50+,60+)  
1850  100m Men                                (A,B,50+)  
1900  Shot Men                                  (A)  
1905  100m Women                           (A,B,50+)  
1915  1500m Men                              (A,B,50+)              Discus Men              (60+)  
1930  1500m Women                         (A,B,50+)              Triple Jump Women (A,50+)   
1950  400m Men                                (A,B,50+,60+)       Discus Men              (50+)  
2005  400m Women                           (A,B,50+,60+)  
2020  5000m Men                              (A,B,50+,60+)       Discus Men              (A)  
2045  1600m Medley Relay Men       (200m,200m,400m,800m)  
2055  1600m Medley Relay Women  (200m,200m,400m,800m)  
---------------------------------------------------------------------------------------------------------------  
Match 4  -  Monday 8th July  -  at Hemel Hempstead HP2 4JS - hosts Dacorum & Tring with Herts Phoenix    
1830  Javelin Men                             (60+)                 Long Jump Women (A,50+,60+)  
1830  2000m Walk Men & Women  (A,50+)  
1855  800 Men                                  (A,B,50+)  
1900  Shot Women                            (A,50+)              High Jump Men      (A,50+)  
1900  Javelin Men                              (50+)  
1910  800m Women                          (A,B,50+)  
1925  200m Men                               (A,B,50+,60+)  
1930  Javelin Men                              (A)                    Long Jump Men       (A,50+)  
1940  200m Women                          (A,B,50+,60+)    Discus Women       (A,50+)  
1955  3000m Men                             (A,B,50+,60+)  
2010  3000m Women                        (A,B,50+,60+)  
2030  4 x 200m Relay Men  
2040  4 x 200m Relay Women

High Jump Men: start ht 1m then 1.10m , 1.20m , 1.25m   
.................................................................................................................................................................................  
   
Second Claim Athletes are allowed but must be registered with the League by 1st April with a MAXIMUM of FIVE allowed PER TEAM FOR THE SEASON . Note for this Rule Men and Women are separate teams .   
   
Non-scoring and guest competitors will be accommodated as required .  
Field Events - FOUR trials (except Pole Vault and High Jump)  
SCORING for all events and matches:   MEN 7,6,5,4,3,2,1    WOMEN 4,3,2,1  
...............................................................................................................................................................................  
   
CLUB CONTACTS   
   
Barnet & District  
David Wilcock  [david.wilcock@virgin.net](mailto:david.wilcock@virgin.net)  0208 445 4760 , work 0207 403 7967  
   
Dacorum & Tring  
Diane Ratcliffe  [elaine.emptage@btinternet.com](mailto:elaine.emptage@btinternet.com)  01442 257086  
   
Enfield & Haringey  
Ray Gibbins  [raygibbins1@hotmail.co.uk](mailto:raygibbins1@hotmail.co.uk)  0208 373 1957 , 07774 540352   
   
Harrow  
Alan Perry  [alanperry17@aol.com](mailto:alanperry17@aol.com)  0208 953 9953 , 07833 166319  
   
Herts Phoenix  
Mike Dixon  [mikejdixon@talktalk.net](mailto:mikejdixon@talktalk.net)  01442 398829  
   
Ilford  
Henry Ricketts  [henrix7@yahoo.co.uk](mailto:henrix7@yahoo.co.uk)  07963 082790  
   
Trent Park RC  
Malcolm Allen  [jam101@btinternet.com](mailto:jam101@btinternet.com)  0208 363 7313 , Ray Bull 0208 886 3826  
...............................................................................................................................................................................  
   
Results should be sent to the following ;  
   
Ray Gibbins [raygibbins1@hotmail.co.uk](mailto:raygibbins1@hotmail.co.uk)  
Athletics Weekly  [results@athleticsweekly.com](mailto:results@athleticsweekly.com)   
Tops in Athletics  [tops@topsinathletics.info](mailto:tops@topsinathletics.info)   
Athletics Data  [admin@thepowerof10.info](mailto:admin@thepowerof10.info)   
   
compliments , Ray Gibbins , Divisional Coordinator   
rg 28th February 2013