

LONDON ATHLETICS

Community Games 2016

Your opportunity to compete in a brand new regional event!

England Athletics in London are pleased to announce the first ever London Athletics Community Games.

There's a fantastic range of events for all abilities and ages so don't miss it!



Sunday 7 August 2016
Mile End Athletics Track E3 4HL

- Events from 11am - 4.45pm
(Register a minimum of 30 minutes before each event)
- Special Medley Relays and Quad Throws events
- QuadKids and Special Olympics Events
- Prizes and trophies for some events
- 'Run it Like Radcliffe' and 'Faster than Farah' team events
- Entry fees vary – register online at www.londonathletics.org
- Further info: Tim Howells – thowells@englandathletics.org / 07545 433729



Special Olympics
Great Britain



LONDON ATHLETICS

Sunday 7 August 2016

1100 QuadKids competition including Special Olympics

for Primary and Secondary School age children

1100 T33/T34/T53/T54 4x400 Men

1110 T33/T34/T53/T54 4x400 Women

1145 T35 - T38 combined 4x100m Men

1150 T35 - T38 combined 4x100m Women

1155 T42 - T47 combined 4x100m Men

1200 T42 - T47 combined 4x100m Women

1210 Special Olympics 100m

1230 100m Men's and 100m Women's (seeded event, all age and abilities)

1300 Quad Throws* - Senior Men

This event will task you with one throw each at Shot Put, Discus and Javelin and an extra throw in your chosen event (total 4 throws). The top three Men and top three Women will share a prize fund of £150 – 1st £80, 2nd £50 and 3rd £20

1330 Long Jump Challenge Combined teams of 1 Senior Man and 1 Senior Woman Max distance, £100 prize fund.

1400 4x100m SM, SW, U20M, U20W, U17M, U17W, U15M, U15W, U13M, U13W Shared £400 Prize fund for SM 4x100m and SW 4x100m relay teams!

1410 4x100m SM, SW, U20M, U20W, U17M, U17W, U15M, U15W, U13M, U13W Shared £400 Prize fund for SM 4x100m and SW 4x100m relay teams!

1500 Quad Throws* - Senior Women see above 1300

1515 4x1mile Senior Men and Women – Combined race

1545 4x200m SM, SW, U20M, U20W

1600 100m FINAL (Top 8 Men and Top 8 Women)

1610 'Run it Like Radcliffe' and 'Faster than Farah'

Combined race for U17M and U17W, teams of 6 to beat the UK Record (Trophy for the fastest U17M and U17W teams)

1630 Medley Relay (100/200/400/800) Senior Men and Women (Trophy for the fastest Senior Men and Women teams)

1635 Medley Relay (Corporate Partners)

1645 4x400m SM, SW, U20M, U20W, U17M, U17W, U15M, U15W

