

Our next meeting will be on Monday 2 July at Dartford Central Park Cranford Road, Dartford DA1 1JP). The nearest station is Dartford. There is usually a car park at the track as well as some parking on approach roads; Cranford Road is off the A225 (Lowerfield Street) on the south side of Dartford.

We will need athletes for:

- 400m (3 men, 3 ladies)
- pole vault (2 men; NB this is specialist)
- hammer throw (3 men, 2 ladies)
- high jump (3 ladies)
- triple jump (2 men, 2 ladies)
- 3000m (4 men, 4 ladies)
- 4 x 400m relay (4 men, 4 ladies).

And here is the programme:

Programme: Track Field

6.45	400m W	Pole vault M	Hammer M including over 60s	High jump W including over 60s	Triple jump W
7.05	400m M				
7.25	3000m W including over 60s				
8.00		Triple jump M	Hammer W		
8.10	3000m M including over 60s				
8.55	4 x 400m W				
9.15	4 x 400m M				

Unfortunately, I shall be away (including out of reach of emails after 28 June), but Grace has kindly said that she is prepared to act as team manager for both teams, and we hope that there will be good representation for both men and ladies.

Please let both me and Grace (grazia.manzotti@gmail.com) know whether you would like to attend and, if so, what are your preferred events (and what else you might also manage).

There is an additional complication, in that we are supposed to be providing help towards running the triple jump event, so anyone able to help out with this (e.g. wielding the rake or holding the tape measure) will be especially welcome.

Best wishes,
Geoffrey