



UK Athletics and the Race Walking Association  
proudly present their

**International 50km and 20km Race Walks**  
**(IAAF permit and qualifying race for Rio 2016)**  
**incorporating the 2015 UKA 50km Race Walking Championship**  
to be held under IAAF rules

Sunday 4th October starting at 10am

Minet Country Park, Hayes, Middlesex on a **FLAT** 1km course (500m up and down)  
(only 10minutes from Heathrow Airport)

Further details from Peter Marlow Tel: 07799750401 / 01284 754177  
Email: [pmarlow@btinternet.com](mailto:pmarlow@btinternet.com) - financial assistance for accommodation available



Mikel Odriozola, winner 2014 UKA 50km. Photo courtesy of Mark Easton