



**Enfield Race Walking
League: Ken Livermore
10,000m baton relay
6th June 2026
QEII Stadium, Enfield
Start time 11am**



Relay Information - How it works:

Over 13's: 2-people per team each walking 5000m.

Total distance 10,000m + B Category Rules (4 red cards per team)

Race cut off time 75 minutes

Start / finish at the 60m start line on the back straight.

All baton changes at the 60m line on the home straight. (near the football dugouts)

Dropped batons can be picked up. (no running)

Walker 1 starts with a 1000m effort.

Walker 2 then does an 800m effort

Walker 1 then does 800m

Walker 2 then does 800m

Walker 1 then does 800m

Walker 2 then does 800m

Walker 1 does 800m

Walker 2 does 800m

Walker 1 does 800m

Walker 2 does 800m

Walker 1 does 800m

Walker 2 finishes race with 1000m.



There should be 11 baton changes.

Tactically pairs need to decide who does the 1000m first or last?

In summary

Walker 1 will do 1 X 1000m followed by 5 X 800m.

Walker 2 will do 5 X 800m followed by 1 X 1000m.

Last year's top 3 teams.



Entries now open <https://www.fabian4.co.uk/default.aspx?EventID=4187>

Entries will close at midday on 4th June

Entry fee £12 per walker - Under 17's £6 per walker - U15's -£3 per walker

Walkers can enter in pairs or individually

For more information please contact: -traceywilkinson17@aol.co.uk