

East Anglia Area Plus

Footsore Form

Group Visit by: _____

Date: _____

Group Visit to: _____

	Member's Name	Membership Number
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Please tick if the following apply:-

Double points for running club night

Double points for visiting development group

Bonus points for first visit to group*

Published Distance Between Venues: _____ miles. ** Total Points claimed:

Name of Committee Member: _____ . Position Held: _____

Signature: _____

	B&D	Bark.	Bish.	BW	Chelms.	Hav.	KL	Redbridge	Romford	Th	WK
Barking	0	4	28	9	21	5	102	4	4	13	39
Barkingside	4	0	25	11	23	8	98	2	5	17	40
Bishops Stortford	28	25	0	25	22	28	71	26	24	36	61
Brentwood	9	11	25	0	12	7	94	11	7	12	39
Chelmsford	21	23	22	12	0	19	95	23	19	38	51
Havering	5	8	28	7	19	0	103	8	5	14	36
Kings Lynn	102	98	71	94	95	103	0	99	94	107	130
Redbridge	4	2	26	11	23	8	99	0	6	16	40
Romford	4	5	24	7	19	5	94	6	0	16	41
Thurrock	13	17	36	12	38	14	107	16	16	0	33
West Kent	39	40	61	39	51	36	130	40	41	33	0

Footsore points are only valid if *all* membership cards are checked prior to signing this form and members participate in the host's club night event.

All forms must reach the Area Competitions Officer by the 14th day of the month following the date of the visit, i.e. all August visits MUST reach the Competitions Officer by September 14th.

* "Bonus points" - calculate as if one extra member has taken part in that Footsore.

** All values are based on the shortest distance by road, according to the RAC's website (www.rac.co.uk)