

Track Race Night for Road Runners



Nottinghamshire
Athletics Network

**Mile & 5,000m races and 4x400m
fun relays aimed at Road Runners**

Wed 15th August 2018
Bingham Track NG13 8BL

- 4 x Mile races** - max of 20 per race
- 2 x 5,000m races** - max of 20 per race
- 2 x FUN 4x400m relay** - mixed gender
with teams selected randomly on the night

TIMETABLE

- 6.30pm** 5,000m over 20 min parkrun standard
- 7.00pm** Mile sub 5 min standard
- 7.10pm** Mile sub 6 min 30s standard
- 7.20pm** Mile sub 8 min standard
- 7.30pm** Mile over 8 min standard
- 8.00pm** 5,000m sub 20 min parkrun standard
- 8.20pm** 4x400m relays

£2 entry fee per race, payable on the night.
Pre-enter on a first come first-served basis by
emailing: mwcdg_david@hotmail.co.uk

Entries will be closed when maximum numbers are reached.
Entries on the day will be accepted **ONLY** if spaces allow in
the race of choice, and at a £5 per race entry fee.

Promoted in association with
Holme Pierrepont RC and Rushcliffe AC



For further information contact:
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