

# Self-transcendence



**2010 Race series**  
**Wednesday evenings**  
**7pm start**  
**The Meadows, Edinburgh**



## APRIL AND MAY

### Wednesday

**28 April - 5k**

**5 May - 2 miles**

**12 May - 2 miles**

**19 May - 2 miles**

**26 May - 1 mile**

Enjoy the simple relaxed atmosphere of the Self transcendence summer race series which are run on a flat, accurately measured one mile loop.

Changing and registration from 6.30pm at the Pavilion, Jawbone Walk (off Melville Drive). Simple changing rooms available, come ready to run if you can.

All races start at 7pm – except 3 x 1 mile relays (July 28<sup>th</sup>) which starts at 7.15pm.

Entry fee £2

No pre-registration – all entries on the night.

fast results and photos posted on the web

[www.srichinmoyraces.org/uk/races/edinburgh](http://www.srichinmoyraces.org/uk/races/edinburgh)

## JUNE

### Wednesday

**2<sup>nd</sup> - 5k** – at the Meadows and not silverknowes – start time 7pm – entry fee £2

**9<sup>th</sup>** – no race

**16<sup>th</sup>** – 1 mile

**23<sup>rd</sup>** – 2 miles

**30<sup>th</sup>** – 2 miles

## JULY

### Wednesday

**7<sup>th</sup>** - 5k

**14<sup>th</sup>** - 2 miles

**21<sup>st</sup>** - 2 miles

**28<sup>th</sup>** - 3 x 1  
Mile relays  
(Start:7.15)

## SEPTEMBER

### Wednesday

**1<sup>st</sup>** - 5k

**8<sup>th</sup>** - 2 miles

Contact : 0131 313 5300

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[www.srichinmoyraces.org/uk/races/edinburgh](http://www.srichinmoyraces.org/uk/races/edinburgh)



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