

Self-transcendence 2011 race series

Wednesday evenings - 7pm start

The Meadows, Edinburgh



Enjoy the simple, relaxed atmosphere of the Self transcendence summer race series. Our well established summer race series takes place on a flat accurately measured one mile loop and are perfect for that mid-week speed session or as an opportunity to try a 1 or 2 mile race. All standards are welcome and the emphasis is very much on taking part and having fun!

Entry fee £2 - No pre-registration – all entries on the night.

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 28th) which starts at 7.15pm.

fast results and photos posted on the web: www.srichinmoyraces.org/uk/races/edinburgh

MAY

4 May 2 miles

18 May 2 miles

25 May 1 mile

11 May 5k - at Silverknowes 7.30pm (see separate entry form)

JUNE

1 June 5k

8 June no race

15 June 2 miles

22 June 2 miles

29 June 1 mile

July

6 July 5k

13 July 2 miles

20 July 2 miles

27 July - 3 x 1 mile relays

(7.15pm start)

September

7 September 5k

14 September 2 miles



Organised by Sri Chinmoy AC (since 1984) with assistance from

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