

Self-transcendence

2013 race series



Wednesday evenings - 7pm start

The Meadows, Edinburgh

MAY

WEDNESDAYS – 7pm

15 May - 2 miles

22 May - 2 miles

29 May - 1 mile

JUNE

WEDNESDAYS – 7pm

12 June - 5 km

19 June - 2 miles

26 June - 1 mile

If you're looking to sharpen your speed our well established Self Transcendence summer race are perfect for that mid-week speed session or as an opportunity to try a 1 or 2 mile race. The races takes place on a flat accurately measured one mile loop.

Come along and enjoy the simple, relaxed atmosphere of the Self Transcendence summer race series. 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.

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



20 Queensferry Street, Edinburgh EH2 4QW

fast results and photos posted on the web:

www.srichinmoyraces.org/uk/races/edinburgh