



Run and Become Become and Run The Specialist Running Shop

www.runandbecome.com

#### SELF TRANSCENDENCE RACES 2011 FIXTURE LIST

## South Carriage Drive, Battersea Park, SW11 4NJ

## MONDAY EVENINGS 7pm START (Registration from 6pm)

**5K :** 23<sup>rd</sup> MAY, 13<sup>th</sup> JUNE, 4<sup>th</sup> JULY, 18<sup>th</sup> JULY, 8<sup>th</sup> AUGUST Entry Fee: £4 attached, £6 unattached. Minimum age 13 years

**2Mile :** 6<sup>th</sup> JUNE, 27<sup>th</sup> JUNE, 11<sup>th</sup> JULY, 1<sup>st</sup> AUGUST Entry Fee: £3.50 attached, £5.50 unattached. Minimum age 11 years

**3x1Mile Relay :** 20<sup>th</sup> JUNE, 25<sup>th</sup> JULY Entry Fee: £10.50 per trio. If you can't find a team come along on the night and we'll find one for you!

Enter all 9 races for £27 attached, £43 unattached and save £6.50 (excluding Relays)

# SATURDAY MORNINGS 8am START (Registration from 7am)

# **10 MILE :** 5<sup>th</sup> MARCH, 16<sup>th</sup> JULY, 10<sup>th</sup> SEPTEMBER

Entry Fee: £8 attached, £10 unattached. Minimum age 16 years

## **10K :** 11<sup>th</sup> JUNE, 30<sup>th</sup> JULY, 1<sup>st</sup> OCTOBER

Entry Fee: £8 attached, £10 unattached. Minimum age 15 years

## 5K: 22<sup>nd</sup> OCTOBER 8.15am start

Entry Fee: £4 attached, £6 unattached all runners. Minimum age 13 years

#### Entry on the day surcharge for Saturday races £1

**RACE HQ:** Far end of Rosary Gate Car Park, within the Park. Vehicular entrance: Rosary Gate at corner of Prince of Wales Drive and Queenstown Road. Registration from 6pm. Please arrive by 6.50 latest.

FACILITIES: Water station, toilets, baggage area, free parking, showers at the track.
Full race results posted online. For maps and further details see website.
Special prize to anyone who competes in all 11 Monday night races, or all 7 Saturday morning races.

Organised by Sri Chinmov AC in conjunction with London Borough of Wandsworth, under UK Athletics Rules.

Road Race Permits applied for

WWW.UK.SRICHINMOYRACES.ORG Email: <u>Races@runandbecome.com</u>