

Self-transcendence

2012 race series



Wednesday evenings - 7pm start The Meadows, Edinburgh

MAY - Wednesdays

2nd 2 miles
9th 2 miles
23rd 2 miles
30th 1 mile

16th 5K at Silverknowes –
See separate entry form

JUNE - Wednesdays

6th no race
13th 5 km
20th 2 miles
27 th 1 mile

JULY - Wednesdays

4th 5 km
11th 2 miles
18th 2 miles
25th 3 x 1 mile relays
(7.15pm Start)

SEPTEMBER - Weds

5th 5 km
12th 2 miles

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.

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