

AN IRONBRIDGE RUNNER EVENTS PROMOTION
In association with South West Road Runners



FIRST Wednesday of the month in
Oct, nov, dec, feb & mar
@Exeter arena, athletics track

Graded races suitable for all abilities in a safe traffic free environment

Round 1: 1ST October
Round 2: 5th November
Round 3: 3rd December
Round 4: 4th February
Round 5: 4th march

UNDER 11 BOYS AND GIRLS 1 MILE RACE - 7.15PM

FIRST 3K - 7.30PM

ENTRY LIMIT - 150

BEST 4 RACES TO COUNT FOR SERIES -
JUNIOR, SENIOR & VETERAN PRIZES

ENTRY FEES

PER RACE> SENIOR £5.00, JUNIOR £3.50, MILE £2.50
SERIES> SENIOR £22.50, JUNIOR £15.00, MILE £11.00

ATHLETES ARE ADVISED TO PRE ENTER THE RACES AT:

WWW.IRONBRIDGERUNER.CO.UK

IF YOU DO NOT HAVE INTERNET ACCESS PLEASE ENTER BY ON 01392 493800
PRE ENTRY ALLOWS US TO SEED RACES MORE ACCURATELY, PRIORITY WILL BE GIVEN TO
PRE ENTRANTS.