



Armada Network 5K Summer Series

(Held under UKA rules – License no. 2019-37385)

The Armada Network are once again organising a 5K (3.1 miles) series of timed runs on the second Wednesday of each month. This is an event for all types of runner from the beginner up to the performance athlete looking for a fast time. Juniors are most welcome provided they are at least 11 on the day.

The venue this year will again be Saltram Park by kind permission of the National Trust.

Race dates: Wednesday 10th April 2019
 Wednesday 8th May 2019
 Wednesday 12th June 2019
 Wednesday 10th July 2019
 Wednesday 14th August 2019
 Wednesday 11th September 2019

Run will start at 7pm (please register by 6.45pm)

No changing at Saltram – registration near finish.
Toilets will be available near the house.

Entry fees will be £2.50 which will cover the venue costs,
but no prizes or medals.

All entries on the night – no pre entry.

Min age 11 years (on the day)

For further details call Keith Reed,
on 01752 893573 or 07934373943 or
visit www.armadaathletics.co.uk