



## Armada Network 3K Winter Series

(Held under UKA rules – licenses applied for)

Do you want to get faster, or just complete the distance for the first time? This event is for you. All abilities are welcome from top athletes to beginners.

We are putting on a series of 3K road runs throughout the winter months over a measured accurate traffic free 3km (approx 2 miles) course in Central Park Plymouth.

Race dates:    Wednesday 14<sup>th</sup> October 2009  
                  Wednesday 11<sup>th</sup> November 2009  
                  Wednesday 16<sup>th</sup> December 2009  
                  Wednesday 13<sup>th</sup> January 2010  
                  Wednesday 10<sup>th</sup> February 2010  
                  Wednesday 10<sup>th</sup> March 2010

Run will start at 7pm (please register by 6.30pm)

Registration and changing at Mayflower Centre,  
Central Park, Plymouth

Entry fees are just £1, 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  
307008 or 07818 511361

### 3K Winter Course Map.

The start will be by Home Park, up to the clock roundabout, down to Barn Park, back up to Home Park, all the way out to the baseball pitch around a cone and back to Home Park. I will adjust the start finish once it's measured.

