



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 once again 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: Tuesday 12th October 2010
Tuesday 9th November 2010
Tuesday 14th December 2010
Tuesday 11th January 2011
Tuesday 8th February 2011
Wednesday 8th March 2011

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
307349 or 07818 511361