

**Sat 8
Nov
from
5:00pm**

**Join the Woodstock
Runners Team in the
3000m Track
ANSW
Community Races**



For the first time, ANSW are holding four 3000m track races at Olympic Park for community athletes in conjunction with the State Athletic Championships on Sat 8 November 2014. The community races will be held just prior to the championship races.

Race entry is \$20 until midnight Thurs 6 Nov (then it will be \$35 on the day) and you don't need to be an ANSW member to race. The community races are from 5:40pm and will be pace graded, mixed races. Your nominated pace can be anything up to 20 mins for 3000m (6:40/km).

So far we have Kath Bolitho & Frank Hidvegi racing in the Community races and Bron Hager in the championship races later on. Martin Amy and I will be lap scoring. We hope to see more Woodies having a go in the community races, offering to lap score or just coming along to spectate and cheer!

Spectating and lap scoring is free. The final race is 9:10pm and we may have a celebratory bite and beverage afterwards.

If interested to race, you need to register via the link below. When you register you'll need to nominate a lap scorer (I can help with that, just let me know and I'll fine one for you - Angela). There is a Woodstock Runners team set up (password: woodstock).



Link for more info:

<http://runnsw.com.au/event/runnsw-3k-on-the-track/>

Contact Angela Haynes 0419 444 010 with any queries.

***Runners, lap scorers &
spectators, hope to see you
there!***