Sat 8 Nov from 5:00pm

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



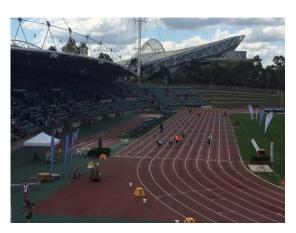
For the first time, ANSW are holding four 3000m track races at Olympic Park for community athletes in conjunction with the State Athletic Championships on Sat 8 November 2014. The community races will be held just prior to the championship races.

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!