



Armada Network 3K Winter Series

(Held under UKA rules – licenses applied for)

We are once again putting on our series of 3K road runs throughout the winter months over a measured accurate traffic free 3km (approx 2 miles) course in Central Park Plymouth. This is ideal for new runners who want to just run 3K as well as runners who may be chasing a fast time. All are welcome.

Race dates

Wednesday 12th October 2011
Wednesday 9th November 2011
Wednesday 14th December 2011
Wednesday 11th January 2012
Wednesday 8th February 2012
Wednesday 14th March 2012

Run will start at 7pm -please register from 6pm
(latest 6.50pm please)

Registration and changing at Mayflower Centre,
Central Park, Plymouth.

Entry fees are just £2, 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

Why not register with Run England by visiting their website www.runengland.org
Lots of useful information for all runners.

