



Kingston AC & Polytechnic Harriers Fundraiser

20th December 2011 6.15pm
Kingsmeadow Athletics Track

Come along and join in the fun and help the Club to raise funds for our Men's team trip to Glasgow for the British Athletics League

Events:

6.30pm Standing throws and jumps – four trials

6.45pm Junior age-groups up to U15 5k team relay race

7pm 5k Wheelchair racing time trials

7.15pm David Weir, MBE to try and beat the
10k British Record time

7.30pm Open 10K team relay race

- The relay events are open to all –there is no restriction on the number of athletes in each relay team.
- Team members may run legs of 200m/400m and multiples of both.
- Teams in the senior relay race, like last year's event, will be aiming to better the 10k individual world record 26:17.53 of Kenenisa Bekele



Entry, including track fee:

Over 16: £5 for 1 event, £5.50 for 2 events & £6 for 3 events

Under 16s £3.50 for 1 event, £4 for 2 events & £4.50 for 3 events



Delicious home-made mince pies and cakes and refreshments on sale

Come along and support your Club