



Albany Athletics Club Inc 2017-2018 Wednesday Evening Long Run Programme

Contact: Registrar – Georgia Kidman

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Email: albanyaths@hotmail.com

Facebook: Albany Athletics Club – Inc WA ...ask to join

RUN TIMES:

Warm Up: 5.30pm.

Run Start: 6.00pm

Wed Oct 18	2000m Open Registration Due.	Wed Jan 10	3Kms, 5Kms & 10Kms *Invite holiday makers
Wed Oct 25	3,000m	Wed Jan 17	3Kms, 5Kms & 10Kms *Invite holiday makers
Wed Nov 1	5,000m	Wed Jan 24	3Kms, 5Kms & 10Kms *Invite holiday makers
Wed Nov 8	5,000m Agriculture Show 10-12	Wed Jan 31	3Kms, 5Kms & 10Kms *Invite holiday makers
Wed Nov 15	10,000m	Wed Feb 7	5,000m
Wed Nov 22	2,000m	Wed Feb 14	2,000m, 3,000m, 5,000m or 10,000m
Wed Nov 29	3,000m	Wed Feb 21	2,000m, 3,000m, 5,000m or 10,000m
Wed Dec 6	5,000m	Wed Feb 28	2,000m, 3,000m, 5,000m or 10,000m
Wed Dec 13 (Sat Dec 16)	10,000m (Track & Field - Stop)	Wed Mar 7 (Sat Mar 10)	2,000m, 3,000m, 5,000m or 10,000m (Track & Field Finish)
Wed Dec 20	3Kms, 5Kms & 10Kms *Invite holiday makers	Wed Mar 14	2,000m, 3,000m, 5,000m or 10,000m
Wed Dec 27	Christmas - New Year Break	Wed Mar 21	2,000m, 3,000m, 5,000m or 10,000m
Wed Jan 3	3Kms, 5Kms & 10Kms *Invite holiday makers	Wed Mar 28 LAST MEET	P. Watson H/Cap for 5000m or 10000m Only

Additional Information: No State Championships (normally March). Aust Masters Athletics Championships 26th to 29th April 2018 Perth. Saturday morning programme run with Little Aths, Warm up 8.30am. Start 8.45am. Please support our great 2017-2018 CROSS COUNTRY – ELLEKER – TRACK & FIELD sponsors.....

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