

**NOTTS ATHLETIC CLUB with ENGLAND ATHLETICS**

**Presents:**

**TIM WEALTHALL BMC Olympic warm up races**

**INCORPORATING THE £1500 COOPER PARRY 'SUB 4'**

**CHALLENGE MILE**

**£200 Winner 'A' race + £800 bonus if he runs sub 4 minute mile**

**£100 2<sup>nd</sup> 'A' race + £400 bonus if he runs sub 4 minute mile**

**RON HILL SPECIALS LADIES TIME TARGET '4-30'**

**£100 Winner 'A' race + £100 bonus if she runs sub 4-30 minute mile**

**with supporting graded 1 mile track events**

Plus new this year

**1 Mile Wheel chair race for disabled athletes**

**Mens & Ladies 5k**

**Also**

**100 Metres sprints**

**Kiddies race**

**Saturday July 26<sup>th</sup> 2008**

**from 2.00 pm at Harvey Hadden Stadium, Bilborough, Nottingham**

All runners are "seeded" to suitable races

***Prizes to all winners on the night.***

Entries to Trevor Muxlow, 16 Eton Grove, Wollaton Park, Nottingham, NG8 1FT

Further details [tmuxlow@btinternet.com](mailto:tmuxlow@btinternet.com)

Postal entries close Saturday 19<sup>th</sup> July

Entry fees £3.00 payable to Notts A.C. Race no.s & results on the night in Notts ac clubhouse

Entries will be taken on the day only if space £5.00

**[www.nottsac.co](http://www.nottsac.co)**

**TIM WEALTHALL RACES ENTRY FORM**

Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_ Tel . \_\_\_\_\_

D.O.B \_\_\_\_\_ Sex: Male / Female Age Category: \_\_\_\_\_

Event personal best \_\_\_\_\_ Predicted Time for this Race \_\_\_\_\_