



# 46<sup>th</sup> Victoria Park Open 5

## VPH & TH AC



Supported by

# CANARY WHARF

G R O U P P L C



## Saturday 7<sup>TH</sup> April 2012

### 2.30pm start

Victoria Park, London, E9 5EG

**£cash prizes for winning men & women**

**Chip timed, very fast, flat & traffic free, 5 mile course**

**(Our 2010 event was the fastest 5 mile race in the UK since 2003)**

Refreshments, Changing & Showers available at Race HQ, Cadogan Terrace, Victoria Park, London, E9 5EG

**Entry fee: Free entry for any sub 30 minute male and sub 36 minute female 10K runner (2011)**

£10.00 (UKA affiliated club members): £12.00 (unattached)

Postal entries to be received by the 3<sup>rd</sup> April 2012

£14 for on the day

**Entries & enquiries to:**

**Major Carr, 6 Ash Court, Maybank Road, South Woodford, E18 1EN**

**Tel: 0208 504 6108 Mob: 07961 617502**

**Email: major\_carr@yahoo.co.uk**

**Enter online at:**

[www.runnersworld.co.uk](http://www.runnersworld.co.uk)

**RUNNER'S WORLD**