



SATURDAY 12 AUG

NIGHT OF ENDURANCE –

10K & 1M TRACK EVENT

A Track event with a difference....

Calling all athletes, this is your opportunity to take part in a race with a difference. Following on from the success of last year's inaugural event, we're hosting the 2nd Night of Endurance and hope it will be even bigger and better than last year! Bring your friends and family and make this a great Welsh athletics party!

Races will be seeded based on predicted finish time – sub 35mins to 1 hour.....everybody welcome!



10k Welsh Championships

Rare opportunity to race 10k on the track

Great support – hear the music and the cheers trackside

Bar and food available

Entries close on Friday 4 August

CARDIFF RUNNING EVENTS

Phil Cook

07968 374468

Enter at:
[cardiffrunningevents.org/
 events](http://cardiffrunningevents.org/events)