



# SATURDAY 30 JUNE

## 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 3<sup>rd</sup> 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  
Saturday 30 June**

**CARDIFF RUNNING  
EVENTS**

Phil Cook

07968 374468

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