

Clydesdale Harriers

Open 5K Road Race

Saturday 14th March 2009

Start time – 2.00 p.m.

Entry Fee - £5 for Scottish Athletics Registered Athletes
£7 for non Scottish Athletics Registered Athletes

No pre-entry, enter on day
Changing and Entries from 12.30p.m. at
The Playdrome, Clydebank
(Adjacent to the Shopping Centre, Clydebank Railway Station,
Clydebank Bus Station, Forth & Clyde Canal)

Race Starts in the Clydebank Business Park
(Off Kilbowie Road)

Race Finishes on canal towpath before Kilbowie Road

Cash Prizes.

1st £80, 2nd £50, 3rd £40,
1st L £60, 2nd L £40, 3rd L £30
1st V/40 £20, 2nd V/40 £15, 1st V/50 £15, 1st V/60 £10, 1st U/20 £10
1st LV £20, 1st L U/20 £10
1st Team 3 x £15
1st L Team 3 x £10

Flat Course, measured with a Jones Counter