



**HERCULES WIMBLEDON AC
5000m FESTIVAL**

Friday, 17 July 2020

Under UKA rules

U20 Upwards

Entry standard: Men 18:15/Women 19:30

**Athletes with PBs sub 14:20 (Men) and 16:15 (Women) please contact Ben Noad at
ben@bennoadcoaching.com re free entry and possible assistance**

Entry fee: £13.50 Race limit: 180

Closing date for entries: 11 July 2020

Track races seeded according to pb from slowest (race 1) to fastest (race 8)

£200 Prize money to the fastest man and woman on the night

Plus: £50 for the leading athlete at 3000m in Race 8

BBQ and Music

Timetable

1840	Race 1
1905	Race 2
1930	Race 3
1950	Race 4
2010	Race 5
2030	Race 6
2050	Race 7
2110	Race 8