

# Speedbird Ladies

## Wednesday 3rd August

### 5km Race



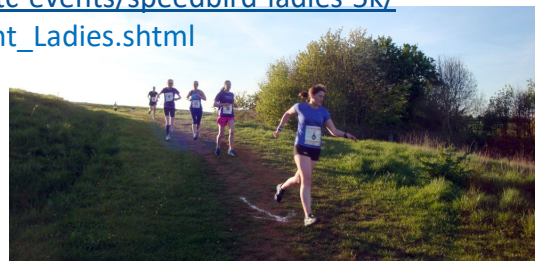
Our popular Ladies 5km race returns. The 2021 event went well, but feedback was that Cranford Park was too flat! So we return to the undulations of Harmondsworth Moor - free carpark at UB7 0PD.

We have frozen our entry fee at the £7 / £5 level of the 2019 event. Your entry includes:

- A traffic-free 5km circuit on scenic undulating dirt trails,
- First aid cover,
- Water at the finish,
- Charity donation (min £1 per runner),
- Individual prizes [prize fund set at 10% of the total entry fees, age grade prizes to be dependent on number of entries],
- Team competition—three ladies to a team,
- Basic entry £7 +£1 booking fee (England Athletics £2 deduction)



Enter via Active Training World (ATW) <https://barunner.activetrainingworld.com/tc-events/speedbird-ladies-5k/>  
or see: [www.barunner.org.uk/Event\\_Ladies.shtml](http://www.barunner.org.uk/Event_Ladies.shtml)



**BRITISH AIRWAYS**  
**ATHLETICS CLUB**

# Speedbird Ladies

## Wednesday 3rd August

### 5km Race



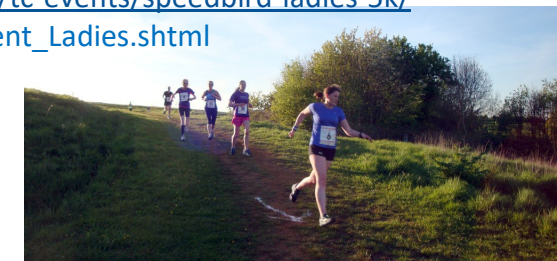
Our popular Ladies 5km race returns. The 2021 event went well, but feedback was that Cranford Park was too flat! So we return to the undulations of Harmondsworth Moor - free carpark at UB7 0PD.

We have frozen our entry fee at the £7 / £5 level of the 2019 event. Your entry includes:

- A traffic-free 5km circuit on scenic undulating dirt trails,
- First aid cover,
- Water at the finish,
- Charity donation (min £1 per runner),
- Individual prizes [prize fund set at 10% of the total entry fees, age grade prizes to be dependent on number of entries],
- Team competition—three ladies to a team,
- Basic entry £7 +£1 booking fee (England Athletics £2 deduction)



Enter via Active Training World (ATW) <https://barunner.activetrainingworld.com/tc-events/speedbird-ladies-5k/>  
or see: [www.barunner.org.uk/Event\\_Ladies.shtml](http://www.barunner.org.uk/Event_Ladies.shtml)



**BRITISH AIRWAYS**  
**ATHLETICS CLUB**