

Speedbird Ladies 5km race

Wed. 21st June 2023



Our Ladies 5km race returns with the popular location of Harmondsworth Moor, hills included!

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,
- Free carpark at UB7 OPD,
- 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 dependant on number of entries],
- Team competition — three ladies to a team,
- Basic entry £7 +booking fee (England Athletics £2 deduction)

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Enter via eventrac: www.eventrac.co.uk/e/speedbird-ladies-5k-9633

or see: www.barunner.org.uk/Event_Ladies.shtml

