

ELLES MERE 10K

Race HQ:
Lakelands Academy
Ellesmere,
Shropshire
SY12 0EA



Venue facilities:
Changing, Toilets, Showers,
Onsite parking, Refreshments,
Food and Cakes!

Sunday 25th August 2019 11:15am



A fast and scenic course on roads and trails via the Mere and the Llangollen Canal. The winning time in 2012 made Ellesmere 10k the 6th fastest 10k run in the UK. Chip timing is in use again for 2019.

Winners' cash prizes of £100, £50 and £25 for 1st, 2nd and 3rd male & female runners

Entry Fees:
£16 for UKA attached runners, or
£18 for unattached runners not in a UKA Club

Entries Close 25/08/19 (pre-race).
Awards/mementos to all finishers:
T-Shirt & Medal



2km Fun Run

Last year's successful Juniors 2km fun run is repeated this year. It is kindly sponsored by Lakeside Coaches, and held with the assistance of parents from the local Criftins and Cockshutt Primary Schools.

All finishers will receive a medal. The runners will use the start and finish line for the Ellesmere 10k with a **10:30am start time**.



Min. age is 5, maximum age is 11 years. Under 8's must be accompanied by an adult, but over 8's may run with or without an adult. There's no fee for adults running with a child. Entry fee is £4 per child. Entries Close 25/08/19 (pre-run).

Entry, registration & more info at:
<http://oswestryolympians.niftyentries.com/Ellesmere-10K-2019>



> nifty
entries.com
or via oswestryolympians.com