



2011 Cambridge Harriers Open & BMC Races



Sutcliffe Park, Eltham, London, SE9 5LW

Enter 800/1500 on-line - www.britishmilersclub.com / Electronic timing

Wednesday 25th May

7.15pm	400m Open All ages	7.15pm	Shot All ages
7.35pm	100m Open All ages		
8.00pm	800m BMC & Open All ages		
8.20pm	3000m Open U17 and above		
8.40pm	1500m BMC & Open All ages		

Wednesday 22nd June

7.15pm	400m Open All ages	7.15pm	Javelin All ages
7.35pm	100m Open All ages		
8.00pm	800m BMC and Open All ages		
8.20pm	3000m Open U17 and above		
8.40pm	1500m BMC & Open All ages		

Wednesday 20th July

7.15pm	400m Open All ages	7.15pm	Discus All ages
7.35pm	100m Open All ages		
8.00pm	800m BMC and Open All ages		
8.25pm	Pat Kippax Invitation Women's 400m		
8.30pm	3000m Open U17 and above		
8.50pm	1500m BMC and Open All ages		

Wednesday 17th August

7.15pm	400m Open All ages	7.15pm	Hammer All ages
7.35pm	100m Open All ages		
8.00pm	800m BMC and Open All ages		
8.45pm	BMC Women's 800m Challenge		
8.50pm	Sydney Wooderson Memorial 800m		
9.00pm	1500m BMC		

Entry: Open: £3.50 per event or £5 for 2 events. BMC members: £3.00. **All 800m & 1500m** enter in advance via www.britishmilersclub.com. Entry to events is possible on the evening, 45mins before start time, but only if numbers allow. BMC Pace making – best efforts are made to provide pace makers for web entry BMC races. Other races will be graded and paced where possible.

Field - Number of throws will depend on entries.

For all events - If it is full, entry may be denied.

For more information: – Barry Ferguson 020-8699 1261 / www.cambridgeharriers.org

Timing: All track events are scheduled to be electronically timed.