

2011 WINTER TRACK PROGRAMME

Thursday at ECAC

6pm start

Tuesday at WAAS from May 3

6pm start

(ECAC only - tea/coffee & biscuits provided at end of evening)

NB Please note carefully the order of events

WAAS	ECAC	1st event	2nd event	3rd event	4th event	5th event
	07Apr	60	800	100	5k	300
	14Apr	200	1000	400	60	2k
	21Apr	600	100	1 mile	200	3k
03May	28Apr	800	100	5k	60	400
10May	05May	60	300	1 mile	200	4k
17May	12May	200	2k	600	100	3k
24May	19May	300	4k	60	1500	100
31May	26May	1000	60	600	3k	200
07Jun	02Jun	100	5k	200	800	400
14Jun	09Jun	100	1 mile	60	600	3k
21Jun	16Jun	300	60	2k	4k	200
28Jun	23Jun	1000	200	5k	400	100
05Jul	30Jun	60	1500	400	3k	100
12Jul	07Jul	200	5k	60	300	800
19Jul	14Jul	600	1 mile	100	4k	200
26Jul	21Jul	2k	600	60	3k	100
02Aug	28Jul	60	400	4k	200	1000
09Aug	04Aug	800	60	3k	100	400
16Aug	11Aug	200	1500	100	5k	300
23Aug	18Aug	400	4k	200	1 mile	60
30Aug	25Aug	200	1500	100	10k	
06Sep	01Sep	100	800	60	5k	300
13Sep	08Sep	100	3k	600	2k	200
20Sep	15Sep	400	60	5k	100	800
27Sep	22Sep	60	1500	200	300	3k
	29Sep	600	100	4k	200	1000

Walks included from 1000m to 4k