

Cambuslang Harriers

invite runners of all standards to our 11th annual, 10k and 3k

Down By The River Races

inc. The Jimmy Sands Memorial Trophy

Sunday 5th March 2017 @ 11am

Registration before 10:20 at

Cambuslang Rugby and Sports Club

Langlea Rd, Cambuslang G72 8HG

Great opportunity to get your first 10, or 3k PB of the year on a fast flat course
free tea/coffee and food, post race in the club house

enter online at <http://bookitzone.com> (no postal entries)

Bonus prize of an additional £50 to first Male and Female if they break the 10k
course records (31:18 and 35:17) courtesy of BG Fencing
<https://cambuslangharriers.org>

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