



**Herc Wimbo Distance Big Night Out
Wimbledon Park Stadium, SW19 6PE**



**Wednesday 23 September 2020
Under UKA Rules**

Events:

1500m (5 races seeded on time, slowest to fastest)

Age Groups: Under 13 +

Times under 5:45 minutes only

3000m (7 races seeded on time, slowest to fastest)

Age Groups: U17, U20 and Senior

Times under 9:45 minutes only

Entry £9

Entry deadline: Monday, 20 September

Unless race limit of 60 (for 1500m) and 84 (for 3000m) is reached

No entries on the night

Provisional Timetable (to be confirmed)

6.30pm 1500m Race 1

6.38pm 1500m Race 2

6.46pm 1500m Race 3

6.54pm 1500m Race 4

7.02pm 1500m Race 5

7.10pm 3000m Race 1

7.25pm 3000m Race 2

7.39pm 3000m Race 3

7.53pm 3000m Race 4

8.07pm 3000m Race 5

8.21pm 3000m Race 6

8.35pm 3000m Race 7

All entries online at <https://data.opentrack.run/en-gb/x/2020/GBR/hercwimbodist/>

Enquiries should be made to ben@bennoadcoaching.com