



Hercules Wimbledon AC

supported by

SOAR

The Dave Clarke Mile Extravaganza

Incorporating the SOAR Sub 4:00 (men) and Sub 4:30 (women) Challenge

Prize money of £250 each to the fastest man and woman on the night

Wimbledon Park Stadium, SW19 6PE

Wednesday, 28 July 2021

15 x 1 mile races (with 1500m intermediate split)

seeded on time, slowest to fastest

With electronic timing and pacers

Under UKA rules

U13-Senior

Entry standard: Under 6mins 30secs please

Entry fee: £10.20

Strictly no entries on the night

Closing date for entries: 20 July 2021 unless race limit is reached

Provisional Timetable

(to be finalised after entries close)

Race 1: 1830

Race 2: 1840

Race 3: 1850

Race 4: 1900

Race 5: 1909

Race 6: 1918

Race 7: 1927

Race 8: 1936

Race 9: 1945

Race 10: 1954

Race 11: 2003

Race 12: 2012

Race 13: 2020

Race 14: 2030 Women's Sub 4:30 Challenge

Race 15: 2040 Men's Sub 4:00 Challenge

Enquires to Ben Noad at ben@bennoadcoaching.com