

“ONE HOUR RUN”

A Great Athletics Waverley Tradition

DATE: Sunday, 26th August 2007

VENUE: Waverley Athletics Track

START: 9.30am Half-hour Run - Under 18s *

10am One-hour Run - Age 18 and over

* Age as on day of Competition

If insufficient under 18s, a combined race will be run at 10am

Trophies will be presented to:

- Winners of open Men and open Women – One Hour Run
- Best Open male/female athlete based on age based tables (excluding above winners)
- Best Under 18 male/female athlete based on age based tables