



# Night of the Fast 5,000s

A Meeting of graded 5,000 metre races only

Saturday 23rd June 2018

First race at 6.00 p.m.

At the Yate Outdoor Sports Complex, Broad Lane, Yate, Bristol,  
BS37 7LB



Photo shows Steve Mitchell pacing last year's A race.

Further details available from:

Keith Brackstone on 07999-511366 or by e-mail at [coachkeith53@gmail.com](mailto:coachkeith53@gmail.com)

Run under UKA rules. Permit OUT18/211. Results will be on Power of 10.

Chip timing will be available for all races -

get accurate split times immediately after the race.

Entries on-line at <https://www.entrycentral.com/Fast5000s> Entry fee: £6

Bar, music and refreshments including a barbecue available.