



## 'Splash and Dash'

**A Meeting of 1,500 metre, 2,000 metre and 3,000 metre  
steeplechase and flat 3,000 metre races**

**Saturday 19th May 2018**

**First race at 5.30 p.m.**

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



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 OUT 18/176. Results will be on Power of 10. A great opportunity to get a UK Championship qualifying time.

Chip timing will be available for all races - get accurate split times.

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