



ALTON RUNNERS

Alton Runners & Alton Lions presents The Alton Downland Challenge 10K and 5K

In addition a 500m and 1K dash
Supported by Bottega Dei Saporì, and Alton Sport

Sunday 20th October 2019.

Starts and finishes at: Anstey Park, Alton, Hampshire, GU34 2NB

The terrain is a mixture of grass, roads and tracks.

- Minimum age 15 years for 10K, Minimum age 10 years for 5K
- 500m age 5 to 7 years, 1K age 8 to 9 years
- Medals for all finishers
- School trophy in the 5k event
- Special medals to first 3 in each age category (see website for details)
- The course is not suitable for wheelchairs athletes
- £11 Entry Fee 10k, £5 Entry Fee 5k + £2 for entries on the day
- 500m & 1K dash free entry and enter on the day only
- 500m @ 9.45am, 1k @ 9.55am, 10k @ 10.30am, 5k @ 10.35am

Enter online at www.activetrainingworld.co.uk/events

For full details visit www.activetrainingworld.co.uk/events

For further enquiries email philip63scrase@gmail.com

For club information visit www.altonrunners.co.uk and www.altonlions.org.uk