

Vazon Mile Races



Thursday 21st April 6:00 –8:00pm



The mile is a magic distance for all runners of any ability. On Thursday 21st April we will be holding a series of mile races along the coast road at Vazon. Our races are:

Race 1 – 5:30 Colts/juniors

Race 2 – 6:00 All Athletes running over 6 minutes

Race 3 – 6:30 Athletes running less than 6 minutes



Meals available at
Crabby Jacks – more
details later



Entries close on the night 30 minutes before your chosen race. £5 entry fee for non-GIAAC members