**Plymouth Harriers**



**Autumn 5**

**20 October 2024**

Plymouth Harriers Autumn 5 is a two-lap, 5-mile course, which starts and finishes inside Central Park at the Central Park Community Sports Hub. The course runs along paths within the park and on local roads around the perimeter of the park. It is undulating but also has downhill and flat sections!

The route affords you views of the October autumnal **colours** in and around the park.

Registration will be at the Central Park Community Hub. There are also toilets and changing facilities available and race participants will be able **park in** the Plymouth Argyle Park & Ride car park. Drinks will be available for purchase. A cake stand will also be in situ supplying an array of home-made cakes for purchase.

Entry to the event can be made on the England Athletics RunEvents site via the following link: <https://englandathletics.sport80.com/public/wizard/e/28021>

Prizes (one per athlete): 1st, 2nd, 3rd male and female, 1st MV and FV categories, 1st mixed affiliated team (6 to count)

Race medal also included for all finishers.

A race licence has been granted for the event – licence #28021. The course has been measured by Association of UK Course Measurers (course number 23/344).

Plymouth Harriers support a local charity and our chosen charity for 2024/2025 is 5K Your Way, Move Against Cancer.

