

Concorde One Hour Race Sunday 4th June 2023



This is a race to see how far you can run in one hour. Mo Farah holds the world record with 21.33km and Sifan Hassan holds the ladies record at 18.93km. How far can you run or walk in 60 minutes? 5km – easy, a comfortable walk in the park, but how about 10km, 12km, or perhaps even 15km? Perhaps you a member of a club—what is your club record for the one hour event? Perhaps this is your opportunity to set one.

The Hillingdon Cycle Circuit in Hayes is a closed road course with a circuit of just under one mile. It has been reserved exclusively for runners and walkers for the afternoon of Sunday 4th June. We will be recording each of your laps and we will have prizes for those achieving the furthest distance. Your entry will include:

- A closed traffic-free road circuit – also great for spectators and with no headphone restrictions,
- Km markers up to 10k,
- Covered changing facilities and toilets,
- First aid cover,
- On course water and refreshments at the end,
- Distinctive but sustainable UK made medal,
- Charity donation (min £1 per runner) to Dreamflight,
- Individual prizes,
- Open to all those aged 16 and upwards,
- Entry £15 +booking fee.

Interested? More details including FAQ:

www.barunner.org.uk/Event_Concorde

Full details and entry via Eventrac:

<https://www.eventrac.co.uk/e/concorde-one-hour-race-9484>



**BRITISH AIRWAYS
ATHLETICS CLUB**

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