

Concorde One Hour Race Sunday 4th June



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. We expect participants to cover between 8km and 15km.

The Hillingdon Cycle Circuit in Hayes is a closed road circuit of length just under one mile. It has been reserved exclusively for runners and walkers for the afternoon of Sunday 4th June. Your entry will include:

- A traffic-free closed road circuit,
- Km markers up to 10k,
- Covered changing facilities and toilets,
- First aid cover,
- On course water and finish refreshments,
- Distinctive & sustainable UK made medal,
- Charity donation (min £1 per runner),
- Individual prizes for distance achieved,
- Open to all those aged 16 and over,
- Entry £15 +booking fee.



SPRINGFIELD ROAD,
HAYES, UB4 0LP

Interested? Enter via Eventrac or for more details and FAQ see:

www.barunner.org.uk/Event_Concorde

BRITISH AIRWAYS
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