

## Junior Races – Summer Season 2017

Date	Event	Distance	Information
7th May	Thurston 3k	3k	11am - New Green Centre, Thurston. £5 advance, £7 on the day <a href="http://www.thurstonfunrun.org">www.thurstonfunrun.org</a>
7th May	Alton Water Run	5k or 2k	Start times: 5k – 9.00am £13 in advance. 2K – 9:45am £6 in advance. 5k is chip timed and for 11+ only. 2K open to all. Online entry recommended <a href="http://www.altonwaterrun.co.uk/">http://www.altonwaterrun.co.uk/</a>
13th May	The Aspall Debenham Run	5k or 1k	Start times: 5k – 12:15am £4 in advance. 1K – 1:30pm £2 in advance. Debenham Leisure Centre, Gracechurch Street, Debenham, IP14 6BL Online entry recommended <a href="http://www.debenhamcommunityswimmingpool.org.uk/run.php">http://www.debenhamcommunityswimmingpool.org.uk/run.php</a> .
14th May	Woodbridge 10k	1.5k	Race full
19th May	Run for Wildlife	1.6km	Banham Zoo
27th May	Framlingham Friday 5	tbc	Framlingham Sports Centre
22nd May	Striders, Pacers, JAFFAs Track Challenge	1500m	6.30pm – Northgate, Ipswich. Free entry <a href="http://stowmarketstriders.org.uk/5k_Track_Challenge">http://stowmarketstriders.org.uk/5k_Track_Challenge</a> Please email <a href="mailto:captains@stowmarketstriders.org.uk">captains@stowmarketstriders.org.uk</a> to enter, limited junior places.
2nd June	Kirton Friday 5	2K	Junior races, enter on the night
9th June	Stowmarket Friday 5	1 & 2K	Buxhall, Stowmarket – new venue U9, U11, U13 & U15 Boys and Girls, Juniors (15-19) 5 miles - £2 entry on the night <a href="http://www.stowmarketstriders.org.uk/friday-5">www.stowmarketstriders.org.uk/friday-5</a>
16th June	Framlingham Friday 5	2K	Junior races, enter on the night
18th June	Capel Fun Run	1k	<a href="http://www.capelcheetahs.co.uk/">http://www.capelcheetahs.co.uk/</a>
23rd June	Bury Friday 5	2.4k	Nowton Park Bury St Edmunds
7th July	Gt Bentley Friday 5	2k	6.30pm Great Bentley Village Green, Plough Road Great Bentley COLCHESTER CO7 8LD - £3 entry fee, on the night at the Village Green not the hall. <a href="http://www.gbrc.org.uk/our-races/great-bentley-friday-5/">www.gbrc.org.uk/our-races/great-bentley-friday-5/</a>
16th July	Ekiden Relay	1.1mile relay	The Junior race will be run by teams of 4 as a relay – (Under 16s only with under 8s to run with an adult). Legs: 4 x 1.1 mile Sign up at Club night Woodbridge <a href="http://www.stowmarketstriders.org.uk/ekiden-relay">www.stowmarketstriders.org.uk/ekiden-relay</a> Free Entry
3rd Sept	Framlingham 10k fun run	2k	More information to follow
4th Sept	Striders, Pacers, JAFFAs Track Challenge		6.30pm – Bury Track. Free entry <a href="http://stowmarketstriders.org.uk/5k_Track_Challenge">http://stowmarketstriders.org.uk/5k_Track_Challenge</a>
2nd Sept	Golden Mile	1 mile	Stowmarket. Sign up at Club – Free Entry to Juniors

**Please note:** Junior membership subscriptions are due from April 1<sup>st</sup>. Juniors will need to be fully signed up members to compete.

You can renew online: [www.stowmarketstriders.org.uk/membership-form](http://www.stowmarketstriders.org.uk/membership-form)