

# The Perivale 5

A 5 mile open road race and 2 km fun run  
organised by Ealing Southall & Middlesex AC



**Sunday 7th December 2014**  
**Start 10:00am**

**Perivale Park track, Stockdove Way,  
Greenford, Middlesex UB6 8TJ**



A fast, flat & accurately-measured race over 5 miles under UKA rules (2014-12122)  
Wide range of prizes for seniors & veterans

Tech T shirt for all completing 5 mile race.

The main race is followed by a 2km fun run at 11.15

Entry form via club web site: [www.esm.org.uk](http://www.esm.org.uk) (follow the link to **Perivale 5**)

or enter online at: [www.activetrainingworld.co.uk](http://www.activetrainingworld.co.uk)

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