

ANDY WEBSTER MEMORIAL LIMP WRIST RACE - 2019



This years Andy Webster Memorial Limp Wrist Race will take place on Monday 9th September and is open to all Newcastle (Staffs) Athletic Club members.

You enter on the night in the clubhouse between 6:00pm and 6:30pm, entries cost just £2.00 for Adults and Under 18's are free. All the money raised goes towards club fundraising.

The race will start at 6:45pm and you run an out and back course along the track next to the club covering a total of 4 Miles.

When you enter you will need to submit the exact time you expect to complete the 4 Miles in.

The winner will be whoever finishes the race closest to their predicted time.

Absolutely no watches, gps, phones/ipods, headphones or other timing gadgets to be worn or used during the race.

Prizes for the Male/Female closest to their predicted time.

Please bring food for a buffet after the race.

