

Doncaster Master's Athletics

Program: January / February 2012

2 Jan	9 Jan	16 Jan	23 Jan	30 Jan
100m	300m (H)	80m	100m ##	100m
200m	60m	150m #	200m ##	250m #
500m #	200m @	400 @	1000m @	600m
2km/4km	1500m	1 km/3km	4km	1 km/3km
6 Feb	13 Feb	20 Feb	27 Feb	
100m	200m @	The Landy	60m	
300m	1000m @	Trophy Night	150m #	
800m #	400m @	(Entries Close 8 Feb.)	300m	
1 km/3km			1200m	

@ Age graded event ** Handicap yourself E.T. # Estimated time event ## Combined estimated time event

1: (H) Note a 300 hurdles will also be run if enough runners are interested, on nights where a 300 has been scheduled.

Please advise venue manager or duty manager prior to that night if interested.

2: In addition to scheduled events, dependent on numbers and interest, relays are also run.

3: If you have plans to attempt a personal best or a venue age record then advise venue manager or duty manager prior to that night as occasionally the program can get altered.