

Saturday 8th August

scottishathletics National Masters 10,000m Championships
Including Scottish Veteran Harriers Champs
Scotia Race Walking Champs
James Wilson Memorial 10k

Ravenscraig,
Greenock
2021 Mas10k EntriesTT.xlsx

All athletes must declare their intention to compete at least 60mins before the scheduled start time of their event.

Track				
Event No	Time	Event	Info	Round
2	11:00	James Wilson Memorial 10000m	45min - 65min	Heat 2
3	12:20	5000m WALK	All	Final
		10000m WALK		
5	14:00	10000m	<37min	Heat 3
6	14:50	10000m	37min - 45min	Heat 4

Additional Heats will be added if required

Entries for the James Wilson Memorial are limited via Greenock Glenpark Harriers