



Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

North Inch 5K



“Something for the Weekend”

Tune yourself up for the season and join us for a Saturday morning time trial

20th April

Meet at Bells Sports Centre: 08:45hrs for a 09:00hrs start

Accurately measured 5K course:

- Start at Bells
- Run towards the George Duncan Track
- Follow the “Perth 10k” route, past Jeanfield Swifts football ground.
- Return to the Inch via riverside path (river on lhs / golf course on rhs)
- Left fork at golf course pond
- Down river to “Albert Statue”
- Past the rose garden and bowling club to finish at Bells
- Water, fruit and cake at finish.
- Home by 10:00hrs!!!

Carpe Diem – Seize the Day