

PERTH ROAD

RUNNERS

LARK IN THE DARK

2015/16

(INCORPORATING TARGET ZERO)

THE FIRST LARK IN THE DARK FOR THIS WINTER WILL TAKE PLACE ON THURSDAY THE 12th OF NOVEMBER 2015 AT 6.30pm, AT DEUCHNY WOODS. MEET AT JUBILEE CAR PARK, KINNOULL HILL. THIS WILL ALSO INCORPORATE THE "TARGET ZERO" EVENT.

THE SAME RULES APPLY AS PREVIOUS YEARS, YOU WILL NEED A TORCH BUT CAN'T HAVE A WATCH.

FOR ANYONE WHO HAS NOT DONE A LARK IN THE DARK, THE ROUTE WILL BE ANYTHING BETWEEN 3ish AND 5ish MILES. THE ROUTE WILL BE MARKED OUT SO YOU DO NOT GET LOST, (HOPEFULLY). THE IDEA IS TO HAVE SOME FUN IN THE WINTER NIGHTS.

PLEASE BRING SAFETY PINS AS WE WILL BE USING NUMBERS FOR THIS EVENT.

ALL WELCOME.

NEIL MUIR

11/10/2015

