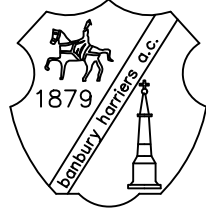


PART OF THE EAST MIDLAND GRAND PRIX
SPONSORED BY ASICS AND THE RUNNING SHOP NORTHAMPTON



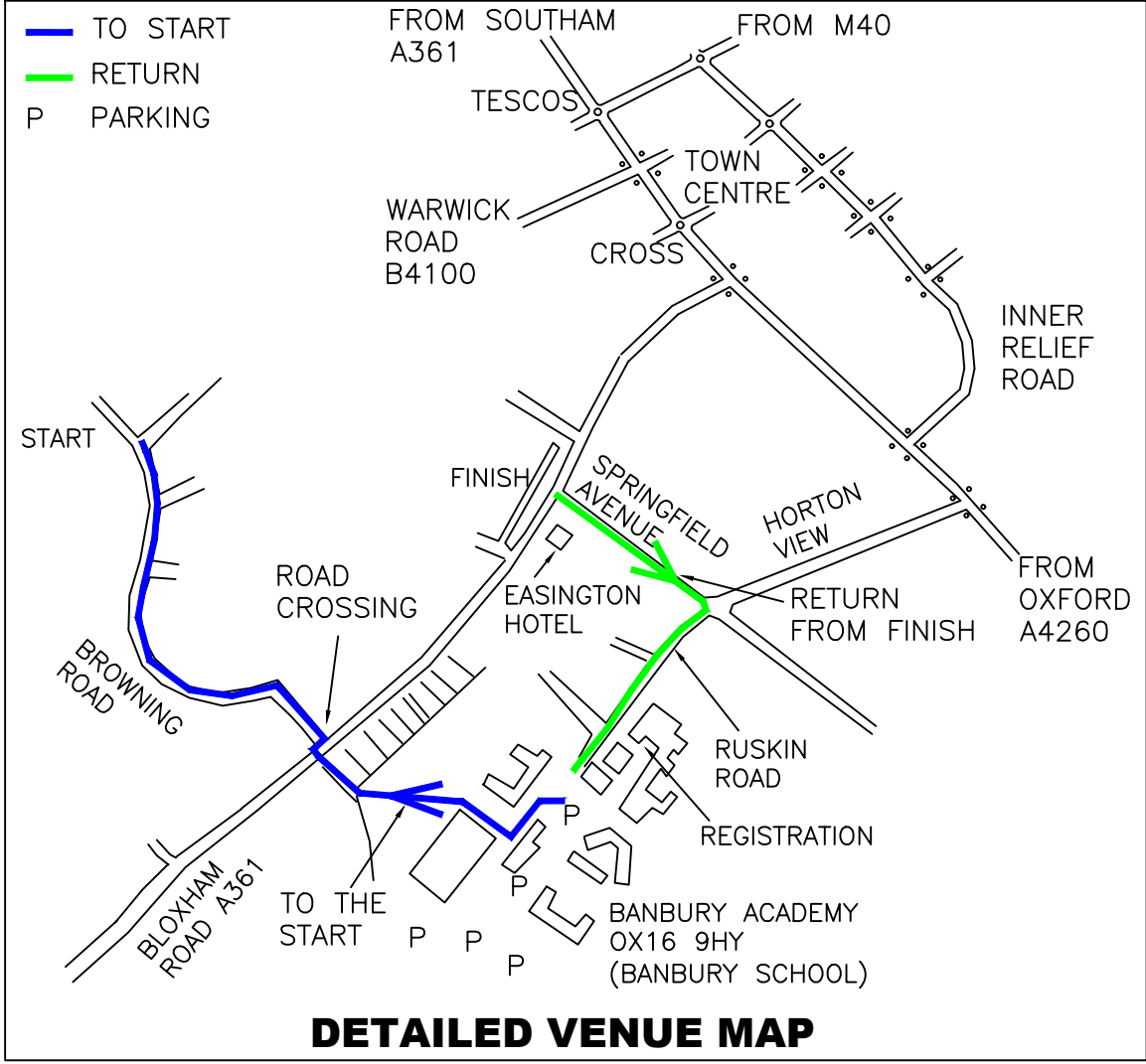
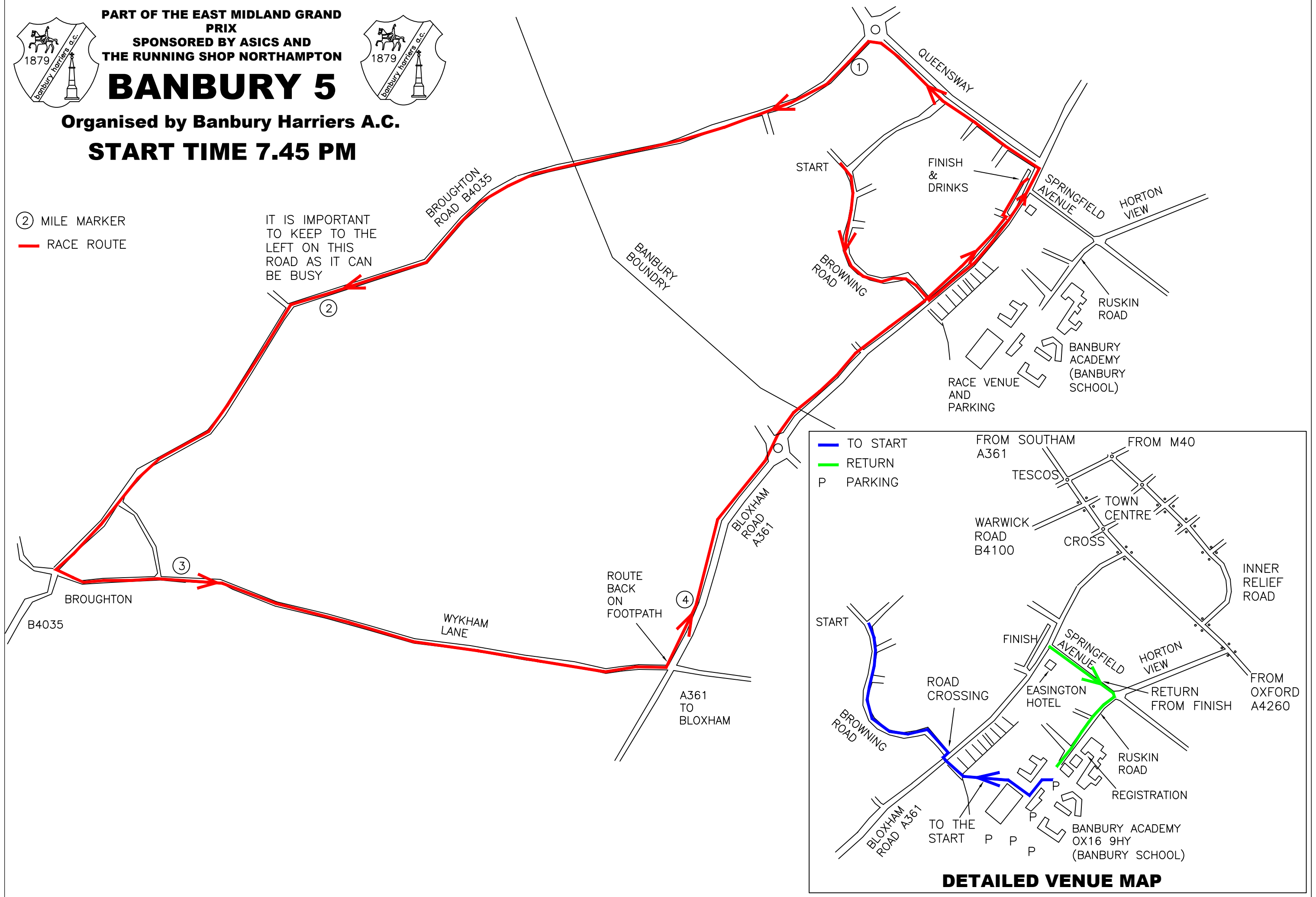
BANBURY 5

Organised by Banbury Harriers A.C.

START TIME 7.45 PM

② MILE MARKER
 — RACE ROUTE

IT IS IMPORTANT TO KEEP TO THE LEFT ON THIS ROAD AS IT CAN BE BUSY



DETAILED VENUE MAP