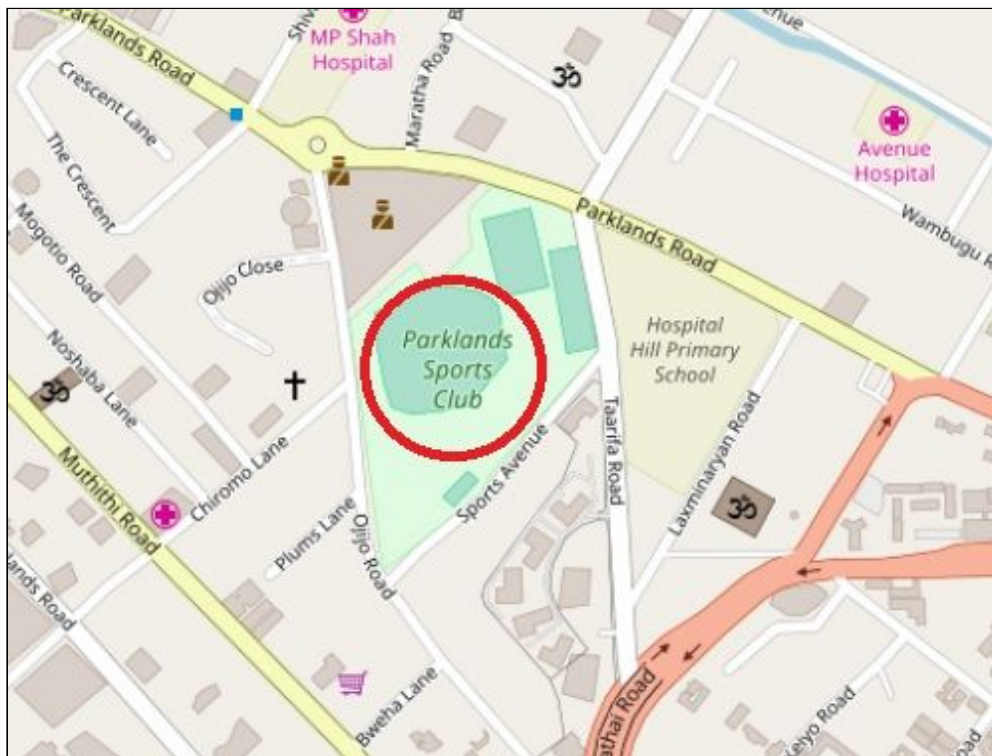




# URBAN SWARAS RUNNING CLUB

## Thursday Track Sessions Parklands Sports Club

Thursday Track Sessions take place every Thursday from 1830 to 2000. The venues alternate each week, but the time remains fixed: **Thursday evening, 1830 to 2000**. The session can be used for speed and interval work, or just a to meet, run and socialise with other members. The venues charge a parking or entry fee (see below), but there are no additional fees from the club. Please wear your club T-shirt so that we can identify each other and be identified by the venue, and bring your own water.



Parklands Sports Club, Parklands

**Parklands Sports Club** is located on Parklands Road, Parklands. Entry is through Gate B, next to Parklands Police Station. The track is 440m in circumference surrounding a grass cricket pitch. The surface is compacted soil, suitable for any type of running shoes. The track is lit by floodlights. The entry fee is 150/- per person, which includes parking and the use of changing rooms and facilities. There is ample parking. We meet on the grass area between the track and the tennis courts.

**Remember, Thursday evenings at 1830. Check the calendar or weekly email for the venue.**