

Morton Mile and Graded meeting No. 7.

Please note changes in the timetable for Graded meeting No. 7 which includes the Morton Mile.

1. The Women's 800m races are brought forward 30 minutes
2. The Albert Thomas 3000m is an open sponsored race

The revised programme is as follows,

19.00 100m Women and Men as per programme

19.25 800m Women Development race

19.30 800m Women B

19.45 Junior Mile

20.00 Morton Mile

20.15 800m Men Development race

20.20 800m men D

20.30 800m Men C

20.35 800m Men B

20.40 Albert Thomas 3000m A open Sponsored

20.50 3000m Women A+B

21.00 3000m Men C+B

Field Events

19.00 Pole Vault, High Jump, Triple Jump

Any 800 metre athletes interested in competing in the Development races should email Tom McCormack at [tommc22@gmail.com](mailto:tommc22@gmail.com) stating current best form, on or before Monday 19th July.