

Keep on Running Night of the Five



Venue: WA Athletics Stadium

Date: 16 December

Time: 6.00pm

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Athletics West are pleased to introduce a new event to WA's thriving running community - the inaugural Keep on Running Night of the Five at the [WA Athletics Stadium in Perth](https://www.venueswest.wa.gov.au/venues/wa-athletics-stadium/training/). (<https://www.venueswest.wa.gov.au/venues/wa-athletics-stadium/training/>)

The Keep on Running Night of the Five will offer a program of 5000m races, for runners of every speed to test themselves on the track. Whether you're a recreational runner, track athlete or are usually found on road, trails or park, this is a great opportunity to lace up your racing shoes and test yourself for an official time.

Entrants will be seeded into heats according to their submitted time, so you can challenge and be challenged by competitors of a similar pace. The night will also offer an elite race for the top ranked athletes and will be one to watch as we see just how fast these athletes can fly around the track.

Spectators are welcome and encouraged, with trackside seating so you can be up close to the action!

Conditions of entry

Please view VenuesWest Conditions of Entry here. (<https://www.venueswest.wa.gov.au/conditions-of-entry/>)