

Night of 10,000m PB's 14th May 2022 (Jerome Brooks, Jerome.Brooks@camden.gov.uk)

EXPERIENCE EUROPE'S MOST UNIQUE TRACK MEETING FOR FREE AS NIGHT OF 10,000M PB'S RETURNS TO LONDON

- The 25-lap party takes place at Parliament Hill on Saturday 14th May
- Fireworks expected on and off the track at festival of distance running

The Night of 10,000m PB's – a sporting event like no other – returns to London **on Saturday 14th May** with entry free to spectators.

Now in its eighth year, the Night of 10,000m PB's – held at Parliament Hill track in Highgate – is the most exciting and innovative track meeting in Europe, bringing together runners and spectators like no event before.

Spectators can watch the action up-close-and-personal from the infield and from the track itself, with runners using only the inside two lanes, which creates an unparalleled atmosphere for a track meeting.

Adding to the entertainment, there is a licenced pub on the track that runners pass through, plus fun for all the family including circus performers, live bands, pyrotechnic dancers and more.

On the track, the Night of the 10,000m PB's features nine 10,000m races, which is 25 laps of the track.

The day's racing will be concluded with the blue-chip men's and women's A-races which for a second year will incorporate the British Championships where athletes will battle it out for selection to the World Championships taking place in Oregon, USA.

The Night of 10,000m PB's Event Director Ben Pochee said: *"We are looking forward to another 25-lap party and this year promises to be better than ever. Post pandemic we can't wait welcome back the nation's best runners, the grassroots athletic network and our local community to celebrate a truly social and accessible sport. Working alongside our sponsor the City of London Corporation we offer 100% free spectator engagement and a unique opportunity to inspire the next generation of athletes"*

The racing gets under way at 14:00, circus theatre shows at 6pm and championships races from 8pm onwards. Entry is free.

