

## **MDAL / Welsh Milers Endurance Open Meeting 3 - Swansea University in July**

Written by Nathan Jones  
Tuesday, 16 July 2019 19:30

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**The MDAL / Welsh Milers Endurance Open Meeting returns on the final day of July and will next head to Swansea University Athletics Track SA2 8QB. The third of this year's open events take place on the evening of Wednesday 31st July starting at 18:45.**

Two events have already been held in April and May, with both staged at Cwmbran Stadium where they were well attended.

MDAL / Welsh Milers Races are open to athlete in the **under 13 to senior age groups only**. Athletes are asked to enter target time for accurate seeded races when entering.

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