

GREYABBEY 10K & 5k

'ROUND THE SPRINGS 2019'

FRIDAY 5th JULY – 7.30 PM START
Entry on the Day only – from 4.00pm
GREYABBEY VILLAGE HALL
All levels welcome run or walk.



Road Race & Fun Run/Walk

10K (6.2 Miles) & 5K (3.1 Miles) Fun Run/Walk

INDIVIDUAL PRIZES IN AGE CATEGORIES

(including oldest participant) & TROPHIES FOR FIRST LOCAL MAN/WOMAN/JUNIOR - IN BOTH RUNS. CLUB TEAM PRIZES (first three to count)

alopecia uk



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Unique medals first 200 in 10k and first 100 in 5k and refreshments for all taking part.
Entry Fees:- 10K = £18 unaffiliated , £16 affiliated; 5k = £10 unaffiliated, £8 affiliated.

ALL profit from entries will go to the ALOPECIA UK.
No charge to under 12s in the Fun Run/Walk.

Further information: raymond300@btinternet.com

Athleticsni rules & regulations apply – www.athleticsni.org

Chipped Timing



www.helpingalopeciustrust.com