



Swanley & North Downs Lions Club
Swanley & District Athletic Club



Swanley Park 10k

10km Cross Country Race

& 2 Mile Fun Run

Sunday, 16th September 2012

Cross Country Race



Entry Fees

Paid in Advance

£10 – affiliated to UKA

£12 – non-affiliated

Paid on the day

£14 – affiliated to UKA

£14 – non-affiliated



AAAClipArt.com

Prizes for Ladies, Men and Vets



Fun Run

Entry Fees

£3 in advance & £4 on the day



Medals for all competitors finishing the course

*For further information and entry forms contact Colin at
01474 569735 or colindudley@blueyonder.co.uk*

Web site www.swanleyandnorthdownslions.org.uk

For online registration go to www.runbritain.com (Licence 2012-104329)

*All profits from these events will be used to
support the EllenorLions Hospices*