



Swanley & North Downs Lions Club  
Swanley & District Athletic Club



# Swanley Park 10k

## *10km Cross Country Race*

## *& 2 Mile Fun Run*

### *Sunday, 8<sup>th</sup> September 2013*



## *Cross Country Race*

*Starts at 10.45 a.m.*

### *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*

*Start 10.00 a.m.*

### *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](mailto:colindudley@blueyonder.co.uk)*

*Web site [www.swanleyandnorthdownslions.org.uk](http://www.swanleyandnorthdownslions.org.uk)*

*For online registration go to [www.runbritain.com](http://www.runbritain.com) (Licence 2013-105009) or*

*[www.runnersworld.co.uk](http://www.runnersworld.co.uk)*

*All profits from these events will be used to support EllenorLions Hospices & other worthy causes*