



**THE PEPPARD 10K RUN
AND
7K WALK**

Sunday 23rd September 2007

Greys Green Golf Course

2.00 p.m. start

Registration from 1.00 p.m.

Information

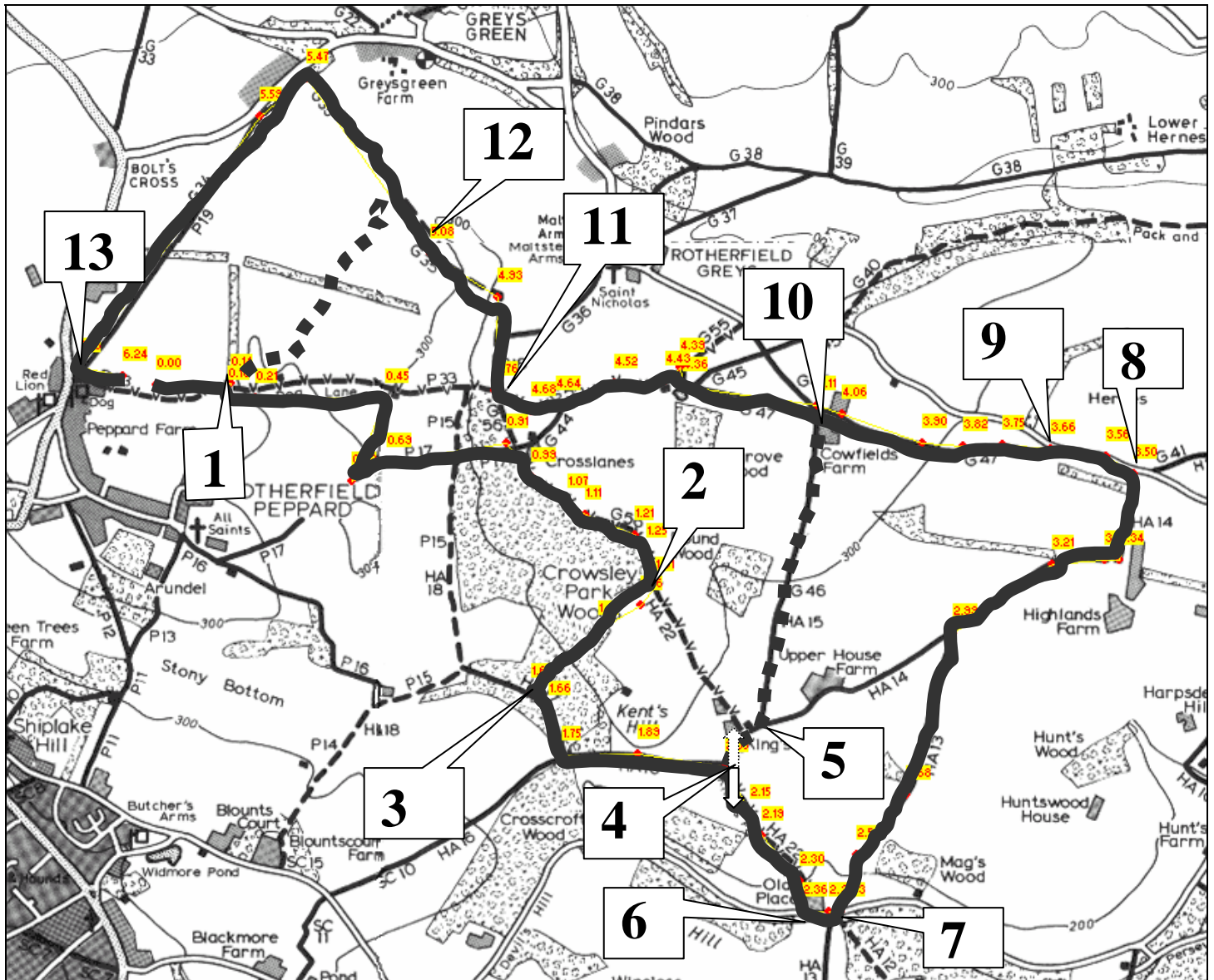
Sandra 0118 9722844 Ann 0118 9721871

www.feedthechildren.org.uk



The Peppard 10K Run 2007 and 7K Walk

 Runners route 10k (6.24m)
 Walkers route 7k (4.3m)



 RUNNERS ROUTE 10K (6.24m)

 WALKERS CAN TAKE THE SHORTER ROUTE BY GOING LEFT AT MARSHAL POINT 4, REJOINING MAIN ROUTE AT POINT 10 & SHORTLY AFTER MARSHAL POINT 12 GOING LEFT OVER THE GOLF COURSE TO RETURN TO THE START

- NUMBERS INDICATE MARSHAL POINTS 4 & 11 ARE DRINKS STATIONS
- ALL PARTICIPANTS TAKE PART AT THEIR OWN RISK
- CARS ARE PARKED AT THEIR OWNER'S RISK
- KEEP TO THE FOOTPATH AND FOLLOW THE ARROWS
- TAKE ANY RUBBISH HOME
- DOGS MUST BE KEPT ON LEADS
- CHECK OUT AT FINISH AND COLLECT YOUR CERTIFICATE.
- IF YOU LEAVE THE WALK EARLY, TELL A MARSHALL. THERE ARE MARSHALLS AT REGULAR POINTS ALONG THE ROUTE TO ASSIST YOU

Enjoy the route!



Peppard 10k

Run, Jog or Walk the full 10k or take the shorter route of 7k

Sunday 23rd September 2007

Start: Runners/10k walkers 1400 : 7k Walkers 1410 (registration from 1300h)
Course: 10k (alternative 7k walk route) starting/finishing at Greys Green Golf Course, over footpaths, bridleways and short piece of marshalled road on 10k route

Runners Medals: 1st Man & 1st Woman 1st Boy & 1st Girl under 16

Please use block capitals:

Surname Forenames

Address:

..... Post Code

Tel:

Age over 16 / under 16 Male/Female

Entry fee: Runners:- £7.00 adult (in advance) £8 (on the day) / £1.00 under 16
Walkers:- £5.00 adult (in advance) £6 (on the day) /£1.00 under 16

Please send cheques payable to ' Peppard 10k' by September 14th to:
Mrs S. Atkinson, 22 Red House Drive, Sonning Common, Reading RG4 9NT
Please enclose a 9"x6" sae.
If you would like us to contact you with details of future runs, please add your email address.

Declaration

I declare that today I am medically fit to run and walk and that I enter entirely at my own risk. I agree the organisers will in no way be held responsible for any injury, illness or accident to my person, or loss of property as a result of my participation in this event.

Signed

No unaccompanied children under 12.

