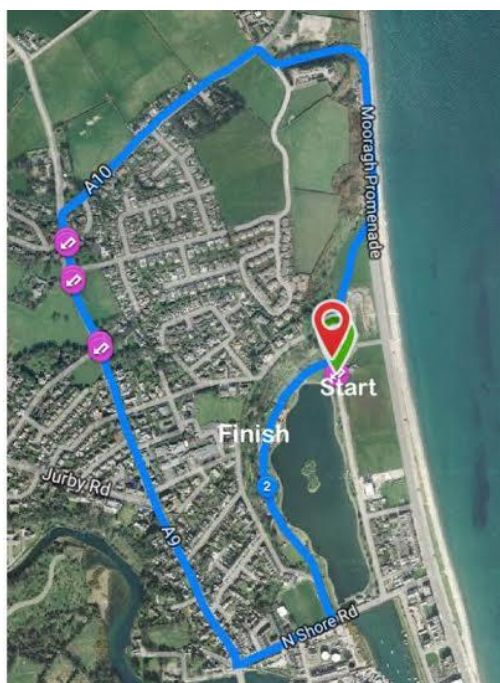


10K RUN, RAMSEY

TUESDAY 15TH AUGUST 2017

PART OF THE

NO REST FOR THE WICKED WEEK



(UKA LICENSED & CERTIFIED DISTANCE. COURSE ACCURATELY MEASURED)

This is a 3 lap race starting adjacent to the park opposite the Rugby Club. Run straight on passing the BMX track and head towards the main road. Turn left and continue to the end passing the houses and run uphill to the top until you reach the junction with the Bride Road. Turn left onto the Bride Road and follow this to the junction with the Andreas Road then left again and continue along this road back towards town. Run downhill to the bottom of Bowring Road, turn left onto North Shore Road, left again opposite the motor bike shop heading towards the park entrance. Run through the park passing the tennis courts and on leaving the park turn left to follow the course again for another 2 laps where the run finishes by the Costa Coffee Shop.

SIGN ON 6PM AT
RAMSEY RUGBY CLUB
RACE STARTS 7PM

BUFFET & BAR AFTER

FRIENDLY ATMOSPHERE

PERFECT FOR BEGINNERS &
EXPERIENCED RUNNERS ALIKE

ALL ABILITIES WELCOME
OPEN TO AGE
15 & ABOVE

£5 ATTACHED
£7 UNATTACHED
£3 FULL TIME
EDUCATION

"HEADPHONES OTHER THAN
THOSE THAT ARE
MEDICALLY PRESCRIBED
MUST NOT BE WORN
DURING THE RACE"

UKA Licence Number
2017-30430