

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

OFF-ROAD MULTI-TERRAIN RUN IN AREA
OF OUTSTANDING NATURAL BEAUTY—
COME AND ENJOY EVENING 5K RUN
(approx)

**PENLLERGARE VALLEY
CHARITY 5K RUN (approx)**

FRIDAY 4th JUNE 2010

INCORPORATING

**WALK FOR NON-RUNNERS
(shorter distance)**

START 7.00PM

ENTRIES ON EVENING FROM 6.15PM

AT

**PIT STOP CAFE CAR PARK
BETWEEN SWANSEA M4 JUNCTIONS
46 & 47 ON A48**

SPECIAL THANKS TO PENLLERGARE TRUST FOR ALLOWING THE EVENT TO TAKE PLACE
For further information on the Trust's work, please visit their website: www.penllergare.org