

S ary **ALL PROCEEDS WILL GO TO AYRSHIRE CANCER** SUPPORT!!!



Sunday 25 October 2015

Ayrshire Athletics Arena, Queens Drive, Kilmarnock (registration from 10am)

1 Mile Fun Run starts at 11am - £2 5K Road Race starts at 11.30am - £10 (there will be a start for participants planning to walk the 5K course at 11.15am)

1 Mile Fun Run will be on the Ayrshire Athletics Arena Track All participants are encouraged to wear fancy dress and there will be special prizes

- limit of 100 entrants!!



**5K** is a figure of 8 course

Starting and finishing on the track and incorporating roads & trails surrounding the Arena

- limit of 250 entries!

Inter sport Vouchers for fastest 5K runners!!

Medal & Water **Bottle for every** entrant!!

All abilities welcome

Wheelchair users are welcome to participate in the 1 mile fun run but we regret that the 5K course is not suitable for wheelchairs

To book go to: www.entrycentral.com and search for Ruby's You can also email: k.todd50@btinternet.com

or phone: 07543005713

