ROYSTON RUNNERS

ROYSTON RUNNERS BIRTHDAY RUN

Tuesday 10th November 2015 at The Heath Sports Club

10k Run & Beginners Run

Cake Auction in The Sports Bar after run starts at 8pm

Refreshments available to purchase

Proceeds to Garden House Hospice & Richard Cox

Entry Fee is a Cake – home made or shop purchased

Groups & Start Times

Group Number	Leader	Approx Mins per mile	Start Time
1	Geoff Dayus	13.00	5k route at 6.45pm
2	Maureen Miller	11.00	6.30pm
3	Steve Lyons	10.30	6.35pm
4	Kim Monti	10.00	6.40pm
5	Maurice Hill	9.45	6.45pm
6	Debbie Chapman	9.30	6.50pm
7	Robin Wells	9.00	6.55pm
8	Joe Brown	8.30	7.00pm
9	Grant Chapman	7.30	7.05pm
10	Richard Lowden	6.45	7.30pm earlier if poss.

For more info contact Nic or Robin or Tuesday Team Leader