



## ***Pilgrims Way Run***

***A multi-terrain run organised on behalf of Vigo Rugby Football Club***

***Sunday 29 August 2010***

***Start 10.30am***

***Starting from Vigo Rugby Club***

***Swanswood Field, Harvel Road, Vigo, Kent, DA13 0UA***

*The third running of this challenging, but picturesque run along a section of the Pilgrims Way and the North Downs. 7+ country miles to cover, but this is not certified as accurate (it's a bit further than 7m!) so give your stop watches a day off and tune in your GPS if your desperate to know exactly how far it is! Plenty of parking available, toilets and & changing facilities, licensed bar, food, bouncy castle, ice cream van.*

***Entry Fee £7.00 in advance  
(£10.00 on the day)***

***Further details and postal applications from Pete  
Foster***

***07931 515290 / email [fitnessadviser@aol.com](mailto:fitnessadviser@aol.com)***

***online entries at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)***

***Supporting Kent Air Ambulance***

***BRING THE FAMILY ALONG FOR A GREAT DAY OUT!***