

RUN FOR HOPE



Hope For Children is a Registered Charity No. 1161729

BRAMCOTE HILLS PARK

5 & 10K CHARITY DASH

DATE: SUNDAY 17 FEBRUARY 2019

9:30am Start time

- Warm up commences at the start line 9:15am led by Jake Wood PT.
- Cost includes a premium T-shirt for 10k runners and a medal for 5k runners, plus goody bag.
- All profits go directly to The Hope for Children Foundation <https://www.hope-for-children.org>
- Free parking available at Bramcote College, Moor Lane, Bramcote, Nottingham, NG9 3GA.
- Toilets, bag drop area and information hub provided on the day.
- Fully marshalled course with a drinks station at 5k for the 10k runners.

Sign up today!

<https://www.trybooking.co.uk/HMB>