



THE PEPPARD 10K RUN  
AND  
7K WALK

Sunday 23rd September 2007

Greys Green Golf Course

**2.00 p.m. start**

Registration from 1.00 p.m.

**Information**

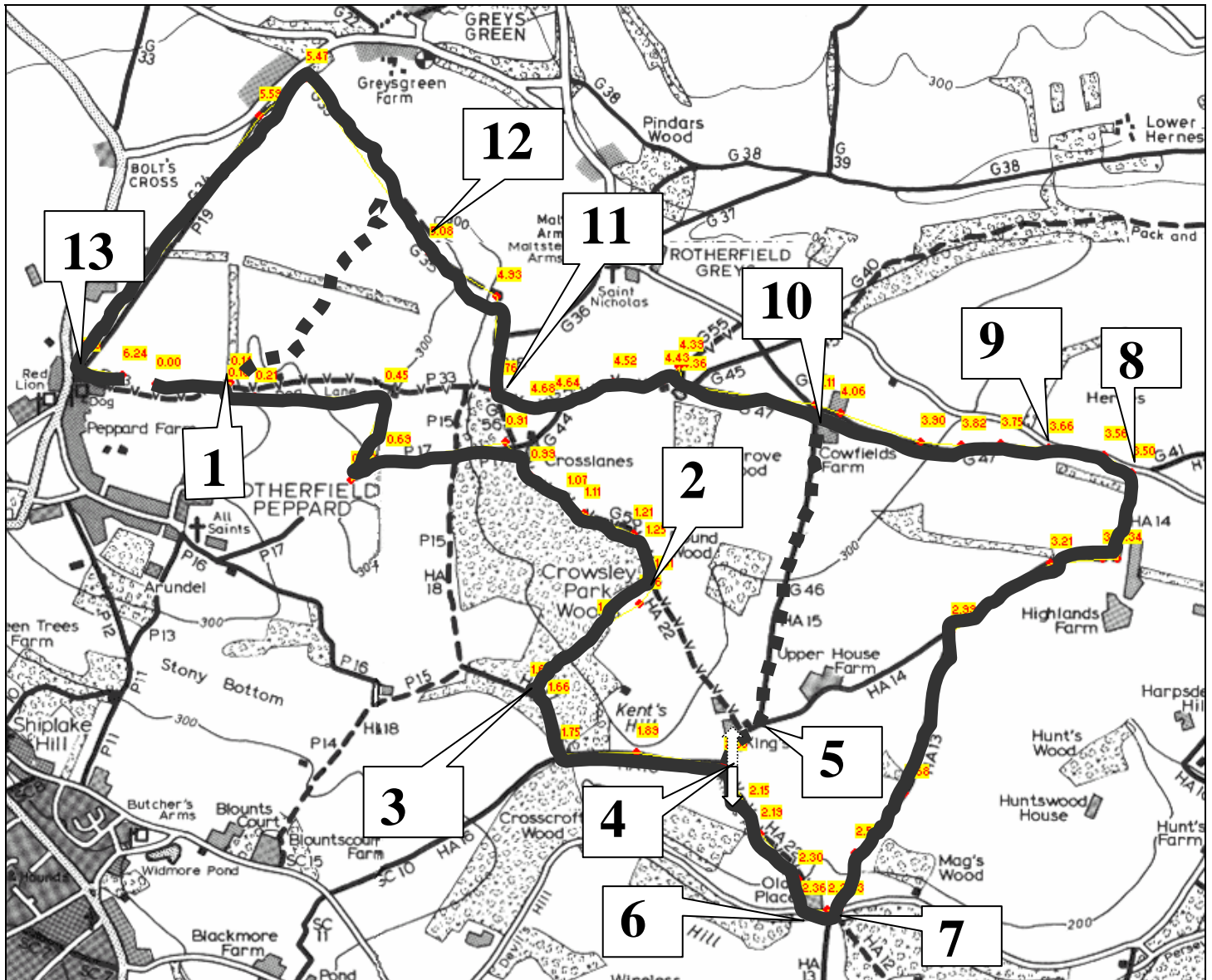
*Sandra 0118 9722844 Ann 0118 9721871*

**[www.feedthechildren.org.uk](http://www.feedthechildren.org.uk)**



# The Peppard 10K Run 2007 and 7K Walk

-  Runners route 10k (6.24m)
-  Walkers route 7k (4.3m)



 RUNNERS ROUTE 10K (6.24m)

 WALKERS CAN TAKE THE SHORTER ROUTE BY GOING LEFT AT MARSHAL POINT 4, REJOINING MAIN ROUTE AT POINT 10 & SHORTLY AFTER MARSHAL POINT 12 GOING LEFT OVER THE GOLF COURSE TO RETURN TO THE START

- NUMBERS INDICATE MARSHAL POINTS 4 & 11 ARE DRINKS STATIONS
- ALL PARTICIPANTS TAKE PART AT THEIR OWN RISK
- CARS ARE PARKED AT THEIR OWNER'S RISK
- KEEP TO THE FOOTPATH AND FOLLOW THE ARROWS
- TAKE ANY RUBBISH HOME
- DOGS MUST BE KEPT ON LEADS
- CHECK OUT AT FINISH AND COLLECT YOUR CERTIFICATE.
- IF YOU LEAVE THE WALK EARLY, TELL A MARSHALL. THERE ARE MARSHALLS AT REGULAR POINTS ALONG THE ROUTE TO ASSIST YOU

**Enjoy the route!**



# Peppard 10k

Run, Jog or Walk the full 10k or take the shorter route of 7k

**Sunday 23rd September 2007**

Start: Runners/10k walkers 1400 : 7k Walkers 1410 (registration from 1300h)  
Course: 10k (alternative 7k walk route) starting/finishing at Greys Green Golf Course, over footpaths, bridleways and short piece of marshalled road on 10k route

Runners Medals: 1st Man & 1st Woman 1st Boy & 1st Girl under 16

Please use block capitals:

Surname ..... Forenames .....

Address: .....

..... Post Code .....

Tel: .....

Age over 16 / under 16 Male/Female .....

Entry fee: Runners:- £7.00 adult (in advance) £8 (on the day) / £1.00 under 16  
Walkers:- £5.00 adult (in advance) £6 (on the day) /£1.00 under 16

Please send cheques payable to ' Peppard 10k' by September 14th to:  
Mrs S. Atkinson, 22 Red House Drive, Sonning Common, Reading RG4 9NT  
Please enclose a 9"x6" sae.  
If you would like us to contact you with details of future runs, please add your email address.

Declaration

I declare that today I am medically fit to run and walk and that I enter entirely at my own risk. I agree the organisers will in no way be held responsible for any injury, illness or accident to my person, or loss of property as a result of my participation in this event.

Signed .....

No unaccompanied children under 12.

