

(You do not have to run to have a meal)

**Several Routes Suitable for All Abilities** 

## Sunday 7th December 10am Start of Run Buffet Meal at Mid-Day

Forms in Draw and on Website Return by 2nd December Please

Meal Adults £6 Children under 10 years £3

Mix and Match from the Buffet includes a Mince Pie

BEST DECORATED CHRISTMAS HAT WINS A

**BOTTLE of WINE**