



**10K
RUN**



Sunday 19th May 2024 at 1.00pm

Route on country lanes between Houston, Bridge of Weir and Kilmacolm, starting from Houston Public Park, for all abilities from serious runners to novices/joggers.

NEW for 2024 "Chips on Bibs" timing by Perfect Timing Scotland,
Excellent home baking, tea /coffee/water in the halls at the end of race.

Sponsored by

Arnold Clark

Proceeds will be donated to local groups which support people (and their carers) who live with mental health illness and dementia

- Medal, Official Time, and Goodie bag for all runners
- Trophies/ awards for best males (1,2,3), best females (1,2,3), best under 18s (1,2,3), best over 60, best team of four
- Award for highest *sponsored* individual and highest *sponsored* team (eg school, pub, club, company or family)
- On-day registration, changing facilities, and badges at West Church Halls, Houston PA6 7EL from 11.30am
- Entry fees £20 online or £23 on the day (£9/£10 for runners aged 16/17 and younger accompanied children)
- Free 2K run in the park for kids at 12.15 pm
- *Teams and individuals are urged to seek sponsorship or give a donation*

Register **NOW** at: <https://entries.runabc.co.uk/e/rotary-club-of-gryffe-valley-10k-980> or click QR code

