



10.30AM SUNDAY 6th MAY 2012
TUESDAY MARKET PLACE, KING'S LYNN, NORFOLK

- TRAFFIC FREE COURSE THROUGH HISTORIC KING'S LYNN
- CASH PRIZES FOR TOP PLACINGS
- QUALITY MEDAL AND GOODY BAG TO ALL FINISHERS
- SENIOR, JUNIOR, VETERAN, WHEELCHAIR AND TEAM CATEGORIES
- EVENT T-SHIRTS FOR SALE
- SUITABLE FOR RUNNERS OF ALL ABILITIES
- INCREDIBLE SPECTATOR SUPPORT AND AMAZING ATMOSPHERE



bespak

Grand East



A FAST, FLAT, ONE-LAP 10K ROAD RACE
(UNDER UKA RULES) + **1.2 MILE MINI-GEAR FUN-RUN**

FOR DETAILS AND TO ENTER ONLINE PLEASE VISIT:

Borough Council of
King's Lynn &
West Norfolk



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Organised by the Borough Council of King's Lynn & West Norfolk



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PICTURES COURTESY OF LYNN NEWS

JOIN THE BESPAK MINI GEAR!

A 1.2 MILE FUN RUN FOR ADULTS AND CHILDREN OVER 6 YEARS

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