



**Stanwick Lakes...**  
**...a breath of fresh air**

**5km Family St George's Day Fun Run  
&  
10km St George's Day Run**

**25<sup>th</sup> April 2010 at Stanwick Lakes**

Enter online at [www.ultramarathon.org.uk](http://www.ultramarathon.org.uk) or via a registration form available from Stanwick Lakes Visitor Centre

5km run is open to ages 7+ with the start at 13:00, entry £8.50 per runner

10km run is open to ages 15+ with the start at 15:00, entry £15.00 per runner

**MEDAL TO ALL FINISHERS AND A DRAGON FOR THE FIRST MALE & FEMALE RUNNER IN EACH RACE!**

Places are strictly limited so enter now to avoid disappointment

Further details available from [www.ultramarathon.org.uk](http://www.ultramarathon.org.uk) or  
07791-175698

