

# BIGK 10K

[www.bigk10k.org.uk](http://www.bigk10k.org.uk)

Sunday 9.00am

14<sup>th</sup> March 2010

Victoria Park, Keighley

*in aid of*

Sue Ryder Care  
Manorlands Hospice

*Main sponsors*



**A multi-terrain 10K route linking parks and scenic paths, suitable for all abilities (runners *and* walkers welcome)**

**A sponsored event in aid of Manorlands (incorporating KeighleyBIGK Mile Events)**

For further information and to enter online go to [www.bigk10k.org.uk](http://www.bigk10k.org.uk) or fill in the reverse of this leaflet. Please enter in advance.

Entry costs Adults £9.00, 11 - 16 year olds £5.00 (£15.00 on the day, subject to capacity)



