

This annual running event takes place on Magog Down with the kind permission of The Magog Trust. We aim for this event to appeal to runners and walkers of all abilities.

PROMOTING HEALTHY LIVING In the month leading up to the event both schools will be holding lunchtime training sessions (available only to pupils of respective schools) to encourage and develop the children's fitness. More details to follow in school.

KEY DETAILS

- Distances: 1, 2.5 and 5 miles
- Measured course
- Start time 10:30am
- Free Parking
- First Aid available
- Marshalled course
- Water available
- Medals for all finishers
- Prize for 1st male and female in each category.
- Age Categories:- 1 mile: 5-7 yr olds, 2.5 : 8-11 yr olds and 12-16 yr olds
- 5 miles: 17 and over
- NB. Anybody can run any distance, but will only be eligible for prizes in their own category

DIRECTIONS Just south of Cambridge off the A1307 road to Linton and on Haverhill Road, Stapleford. Map ref: TL 487 532

THANKS A big thank you to our sponsors and all those who have supported this event including:

Charles Bradford from the Gog Magog Hills Farm Shop, Kathleen Foreman at The Magog Trust, Stephanie Hatter (Shelford Physiotherapy), Janet Rosie (South Cambridge Physiotherapy), Ajay Patel at The Spar, the manager of the Coop, and Keith Craney at PrintMongers.

ABOUT MAGOG DOWN 163 acres with chalk grassland was purchased 20 years ago and is managed by The Magog Trust, for recreation and conservation. Public access (within a few rules) is welcomed on this private site. Income is derived from membership, farming, and grants.

For more information see www.magogtrust.org.uk.

ENTRY FORM

NAME	M/F	AGE (if under 17)	Distance (miles)
Address:			
Postcode:			
Telephone No:		Mobile No:	
Great Shelford school <input type="checkbox"/> <i>Please tick this box if you attend Shelford school</i>			

Please read and sign the disclaimer below:

The above-named persons are medically fit to undertake the Fun Run and understand that the Stapleford PTA, The Magog Trust, and the organisers will not be liable for any injury or loss to persons or property, however caused, before, during, or after the event. Children under 16 may only enter with the consent of a parent or guardian.

Signature of runner/parent/guardian.....

Name in capitals

Please make cheques payable to "Stapleford Community School PTA" and send to 142 Hinton Way, Great Shelford, CB22 5AL

I enclose a cheque for £.....

ENTRY FEES Adults £8; 6-17 yrs £5, Under-5's FREE

For further details telephone 01223 843235/721469



Farm Shop
Butchers
Cheese Shop
Farm Café

Stapleford & Shelford's own Farm Shop
A1307 opposite turning to Stapleford & Magog Down
www.gogmagoghills.com

ARE YOU IN PAIN?

Call 01223 844 488

Shelford Physiotherapy

Stephanie Hatter BSC (hons)
A Chartered Physiotherapist
Registered with the HPC



**South Cambridge
Physiotherapy**

Janet Rosie MCSP OCPPP;
Damaris Eliot MSc MCSP OCPPP;
Alison Clough BSc MCSP OCPPP;
Amanda Savage MSt MCSP OCPPP;
Andrew Powell MSc MCSP OCPPP;
Dr Thacker MBBS MSC;
Alison Parkes MCSP

South Cambridge Physiotherapy
12 Church Road
Hauxton
Cambridge CB22 5HS

Telephone 01223 870856
e-mail:
southcambridgephysio.co.uk



Magog Down
A breath of fresh air

Stapleford and Shelford Primary School PTAs

RUNNING EVENT ON MAGOG DOWN

(With the kind permission of The Magog Trust)

Sunday 22 May 2011

Start: 10:30am

1, 2.5, or 5 miles

For more information/entry forms telephone 01223 843235/721469

GOG MAGOG HILLS



Farm Shop
Butchers
Cheese Shop
Farm Café

A1307 opposite Magog Down
01223 248352

www.gogmagoghills.com