



in aid of  **CANCER RESEARCH UK**

Man on the Run

Join hundreds of other men and boys running to beat male cancer, in our **BIGGEST** ever 'Man On The Run' - a 5K run or walk for men only.



Now in our 10th year!

Sunday 6 July 2014
Starts 11am
Hampton Pier Avenue,
Herne Bay.



Enter at www.manontherun.org

or call **07711 431442**

Entry fee adults £12 | under 18's £6

Supported by: R&R Training | Canterbury Harriers | Team Buckley | Dave Hammond Photography. Organised by Sarah Gower, Volunteer for Cancer Research UK . Cancer Research UK Charity 1089464.