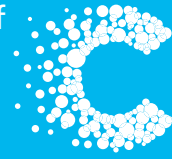


in aid of



CANCER  
RESEARCH  
UK

IT'S  
BACK!



# 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](http://www.manontherun.org), complete the form on the reverse of this flyer or call **07711 431442**. Entry fee adults £12 | under 18's £6

Supported by: R&R Training | Canterbury Harriers | Team Buckley | Dave Hammond Photography | Run & Race. Organised by Sarah Gower, Volunteer for Cancer Research UK. Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), and the Isle of Man (1103).