



SUNDAY 18TH SEPT 2016 3PM 5K AND 10K RUN

**In memory of Derek Rogers
Coronation Park, Dartmouth, TQ6 9RR**

Fun Run around Coronation Park for 5-10 years old,
BBQ and Licensed Bar at Dartmouth Rowing Club.

Download Entry form at

www.dartmouthathletics.co.uk



**Scenic 5K run
You don't need to
be fit, it's not a
race!!**

**Minimum age
11 years**

**Challenging 10K
you need to be
running fit for this
one!!**

**Minimum age
15 years**

**Medals to all
finishers**

**Remember Derek
and raise money
for Rowcroft**

**DARTMOUTH
AMATEUR ATHLETIC
CLUB**

Supported by
Dartmouth Rowing club
and
The Old Dartmothians
Association