



Gryffe Valley 10K Run



Sunday 19th May 2019 at 1.00pm

Route on country lanes between Houston, Bridge of Weir and Kilmacolm, starting from Houston Public Park, for all abilities from serious runners to novices/joggers

Organised by Gryffe Valley Rotary Club in aid of:



Supported by:

**Arnold
Clark**

Pre-Register for the event on-line at

<https://entries.runabc.co.uk/listed-races/gryffe-valley-rotary-10k>

Teams and individuals are urged to seek sponsorship for St Vincent's Hospice or give a donation when registering

- This year's race is in aid of St. Vincent's Hospice and supported by Arnold Clark
- Run on country lanes between the villages of Houston, Kilmacolm and Bridge of Weir with marshalling, distance markers every 1K and water halfway
- Official timing, seventh year over the same course
- Entry fees £13.50 online or £16.00 on the day (£5.50 for runners aged 16/17)
- Sandwiches, home baking, tea /coffee/water in the halls at the end of the race

Medal, Official Time, and Goodie bag for all runners

Trophies for best males (1,2,3), best females (1,2,3), best under 18s (1,2,3), best over 60, highest *sponsored* individual and highest *sponsored* team (eg school, pub, club, company or family) for St Vincent's Hospice.

Register, change, and badges at West Church Halls, Houston PA6 7EL from 11.00am.