

BE A WINNER FOR The Tuberous Sclerosis Association



The Big Fun Run is achievable for all and offers lots of fun for the whole family. Fun runs are being staged in 22 different locations across the UK. The distance of each Fun Run is 5km.

Each venue has been carefully selected. The events all take place exclusively within scenic parks that are both safe and pleasant running environments.

Great fun, great for family and friends, so pull on your running shoes, encourage your friends, and join us at one of the 22 venues in England, Scotland, and Wales.

The Tuberous Sclerosis Association hopes to have runners at each of these family friendly venues. Why not get the whole family involved?

To sign up for one of these events, please go directly to the Big Fun Run organisers at

www.bigfunrun.com

Once we've had confirmation from the Big Fun Run, we'll provide you with a TS t-shirt and fundraising pack to help you get started.

2010

- Stirling (Stirling): Sat 10th Jul
- Aberdeen (Hazelhead): Sun 11th Jul
- Dundee (Camperdown): Sat 17th Jul
- Perth (North Inch): Sun 18th Jul
- Glasgow (Bellahouston Park): Sat 24th Jul
- Edinburgh (Holyrood Park): Sun 25th Jul
- Middlesbrough (Albert Park): Sat 31st Jul
- Liverpool (Sefton Park): Sat 7th Aug
- Sheffield (Rother Valley Country Park): Sun 8th Aug
- Leeds (Roundhay Park): Sat 14th Aug
- Derby (Darley Park): Sat 21st Aug
- Norwich (Whitlingham Estate): Sun 22nd Aug
- Cardiff (Bute Park): Sat 4th Sept
- Leicester (Abbey Park): Sun 5th Sept
- Crystal Palace (Crystal Palace): Sat 11th Sept
- Coventry (Memorial Park): Sat 18th Sept
- London (Victoria Park): Sat 25th Sept
- Milton Keynes (Willen Lake): Sun 26th Sept
- Watford (Cassiobury Park): Sat 2nd Oct
- Cheltenham (Race Course): Sun 3rd Oct
- Southampton (Southampton common): Sat 9th Oct
- Maidstone (Mote Park): Sun 10th Oct



Registration

Adults (age 18 - 64) - official charity discount rate @ £8 each
Concession (child age 5-18 or OAP 65 & over) - official charity discount rate @ £5 each
Under 5's - free

Select the Tuberous Sclerosis Association and qualify for the discounted entry fee.

For more information contact
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