



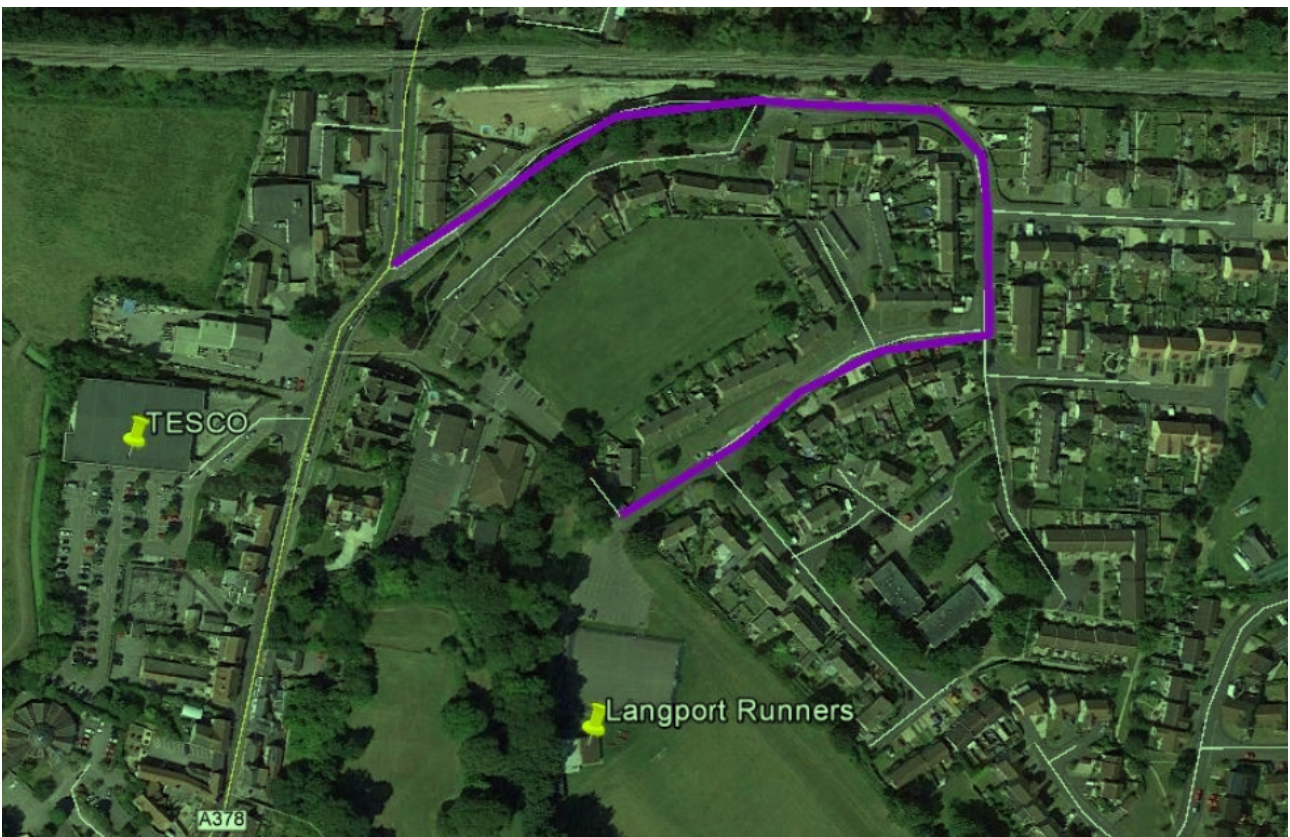
LANGPORT RUNNERS CORDIALLY INVITE THE ALL BLACKS TO A 5K AND 10K SOCIAL RUN

DATE: Sunday 17th September

Start time: 10am

Who can attend: Anyone from a Running club!

Meet outside the Langport and Huish Sports Club, Post code: TA10 9RZ



Follow the purple line up the road opposite Tesco and you will eventually come to the Langport & Huish Sports Club. There is ample parking.

There will be two distances available, 5K and 10K, mostly trail, and there will even be a bit of hill on the 10K, yes we do have those in Langport !! Actually we have several! This one is called Aller Ridge. The runs will be non-competitive and just for fun and socializing.

If you need drinks or food, please bring your own along since none are provided on route, however the bar in the Sports Club opens at 1130, so those who want can join us for a sociable drink after the run. Prices are cheap there, generally under £3 a pint.

Why? We just want to do our part with increasing the contact between running clubs in the area.

Legal Stuff: This is just a social run amongst people who like to run. Anyone who joins in does so at their own risk. Langport Runners will not be liable for anything that happens to participants or is caused by them.