

DECEMBER

SOMETIMES THE BEST RUNS COME ON THE DAYS YOU DIDN'T FEEL LIKE RUNNING

THIS MONTH I AM GOING TO RUN.....

MON	TUES	WED	THUR	FRI	SAT	SUN
		1ST				
				31ST	Medals with distances to suit you, with a donation from every live event sale given to charity.	



TOTAL DISTANCE: