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**LET YOUR RUNNING  
BE ABOUT YOUR  
OWN HOPES &  
DREAMS**

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

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1ST</b>					
		<b>30TH</b>	<b>TOTAL DISTANCE:</b>			



Medals with distances to suit you, with a donation from every live event sale given to charity.