



Great Westgarth Run

In aid of MOTOR NEURONE DISEASE

Friends' School, Saffron Walden Sunday 28th March 2010

The Great Westgarth Run is in tribute to a very special lady, Sue Westgarth. Sue has been a teacher for some years and in that time has inspired countless children, of all abilities, to run.

Cross country running was no longer the dreaded lesson with Sue, she ran with them,

encouraged them and cheered with them when they won their many trophies.

Sue was diagnosed with Motor Neurone Disease recently and so we

want to raise as much money as possible to try and find some treatment for this cruel disease.

We are organising two runs - a more serious run which will be around 5km and a fun run for the children named 'Murphys run' after Sue's gorgeous dog who often ran with her.

If you can't be with us on the day or just want to donate to this very worthwhile cause we would be so grateful.

Visit www.justgiving.com/greatwestgarthrun.

Entry forms available here

Registration: 9am onwards

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| 10.30am | 5km Run | Open to all ages, on variable surfaces (playing fields/track) within grounds of school. |
| 11.30am | Murphy's Run | For children of all ages. Fancy dress optional. |
| 12noon | Walker's Stroll | The less strenuous option. |

For more details: Friends' School, Mount Pleasant Rd, Saffron Walden, Essex, CB11 3EB
Tel: 07813 828437 Email: greatwestgarthrun@friends.org.uk

Donations can be enclosed with your entry form or visit www.justgiving.com/greatwestgarthrun.

**We regret no parking will be available at the school.
Unfortunately no dogs will be allowed on site.**



Charity reg no. 294354