



GETTING YOUNG LIVES  
**ON TRACK**  
FUNDRAISING EVENTS

CAPITAL RUNNERS BUSHY PARK 10K



  
**DKH**  
Legacy Trust

# JOIN US FOR THE CAPITAL RUNNERS BUSHY PARK 10K AND TRAIN WITH AN OLYMPIAN FOR FREE!

The DKH Legacy Trust has teamed up with Run England to bring you the Capital Runners Bushy Park 10k organised by Nice Work.

If you or your running group are looking for a flat, scenic 10K then the Trust has the place for you! You will also have the chance to attend a running master class with a World Class Athlete & mentor.

## Race Information:

The Nice Work Bushy Park 10K will be held on **1st September 2013** and is aimed at beginner & intermediate runners.

The race is run over two laps, the course has a water station half way round and the event is also chip timed so you can get an accurate time for your 10k. This is a great event for all friends and family to come along and watch as the loop allows viewing from a number of locations.

**Registration Fee: £0 | Fundraising Target: £150**

Your fundraising will help the Trust **'Get Young Lives On Track'**

**As one of 'Kelly's Runners' you will receive full support from the Trust:**

- » An invitation to a master class with a world class athlete and mentor from the DKH Legacy Trust
- » Free entrance into the event
- » Full fundraising support
- » Access to a training mentor
- » A race pack and race vest

For more information please contact Alex to reserve your place:  
**Alexandra.lines@dkhlegacytrust.org | 02077438600 | 07436267820**



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**To find out more go to: [www.dkhlegacytrust.org](http://www.dkhlegacytrust.org)**