



**LARKING GOWEN
IPSWICH HALF MARATHON 2010**

RUN THE STREETS...

4k FAMILY FUN RUN

Sunday 29 August 2010

Start 9.15am from Northgate Sports Centre
in support of the Larking Gowen Ipswich Half Marathon



ARE YOU UP TO THE CHALLENGE?

Enter online www.ipswichhalfmarathon.co.uk

