

TAKE UP A RUNNING CHALLENGE AND  
SUPPORT SUE RYDER CARE

Sue Ryder Care 

# Enter the 13th Annual Biddenham 10k River Run

plus a 4k Fun Run  
Sunday  
26 September  
10.45am

UK Athletics Licence Number 2010 - 100949  
Start - Finish: Biddenham Pavilion  
Run under UK Athletic Rules

Sign up now and register your place on-line  
Registration closes 20 September  
visit: [www.biddenhamriverrun.co.uk](http://www.biddenhamriverrun.co.uk)  
email: [biddenhamriverrun@googlemail.com](mailto:biddenhamriverrun@googlemail.com)



We care for people with end of life  
and long-term conditions:

**Cancer, Stroke, Brain Injury,  
Multiple Sclerosis, Dementia,  
Huntington's Disease,  
Parkinson's Disease and  
Motor Neurone Disease**

For more information  
about Sue Ryder Care:  
visit: [www.suerydercare.org](http://www.suerydercare.org)  
call: 0845 050 1953  
email: [info@suerydercare.org](mailto:info@suerydercare.org)

Sue Ryder Care is a charity registered  
in England and Wales (1052076)  
and in Scotland (SC039578).