

Scotland's First 10km race of the New Year

The Lumphanan

Detox 10k



Monday 2nd January 2017 at 11.30 am

All welcome from beginners to elite runners

- Prizes: 1st and 2nd male and female in each category, male and female prize for breaking course record: M = 31.17 F = 35:44, prize for the first local (013398 83*** phone number) lady and gent home
- Goodies: Unique race t-shirt, Goody bag for the first 350 finishers, soup or teas served in village hall for all entrants after race
- Pre-Entry: www.resultsbase.net
Affiliated £17 Non-affiliated £19
- On the day £20 (whether affiliated or not) entries limited to 450 runners

Further information on the Detox 10k can be found on www.lumphanan.com

e-mail – detox10k@yahoo.co.uk