

Central TAEKWONDO Academy

**"8th" 10K Challenge &
5K Family Fun Run**

CALENDAR PARK, FALKIRK

**22nd Aug 2010
at 9am**

All Central members, families and friends welcome!
Entry Fee - £10.00 for 10K, £5 for 5k
Proceeds to club funds
Medal and refreshments to all who finish the race!
Places must be booked – No entries on the day.