



## WCH3 and NH4 Sport Relief Hash

Join us Sunday 21<sup>st</sup> March 2010 - 11.00am  
*in association with 'Sport Relief'* at  
The Cricketers Inn, Kingsley

Wear **RED** and follow the red trail  
Runner and walkers welcome!

This is a family event, we follow a cross country  
running or walking trail. Children and dogs welcome.  
We meet monthly, usually starting and finishing at a pub.  
The aim is to have fun and keep fit

HARES; Baaa... and Sheep Lifter



For Further information  
contact Claire (Becks)  
01420 588160  
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