



Join **TEAMISC** for the
IPSWICH RACE FOR LIFE
PRETTY MUDDY 5K
OBSTACLE RUN FOR WOMEN
In aid of Cancer Research UK
Saturday 18th June 2016



Adult: £19.99 (16 yrs+)

Child: £10.00 (13-15 yrs) – No under 13s



Start time: 11:15am

Trinity Park, Felixstowe Road, Ipswich, IP3 8UH

If you are interested in taking part and getting **MUDDY**
then please contact:

Vienna Harrington in the Gym or e-mail

gym-fitness@ipswichsports.co.uk for the **TEAMISC** group entry details

LET'S GO GET MUDDY!!!