

The Ashes Playing Field Trust present.....

THE HOWDEN ASHES RUN

2019

5K/10K RUNand 1K FUN RUN

WEDNESDAY 7TH AUGUST – 7pm

- All finishers in 5K/10K Run will receive a bespoke souvenir medal
- Chip-Timing for all 5K/10K runners
- Race HQ at Bishops Manor – Refreshments available/toilets
- Town Run starting and ending in beautiful Ashes Playing Field taking in Howden Marsh
- 1K Fun Run entries taken on the night – all finishers receive a medal.



Full Race Licence - No: 2019-38443

Sign up for this exciting inaugural run at:

my.raceresult.com/126169/info