

Join the **Danbury Dash!**

10k Charity Trail Run & 5k Charity Fun Run
plus activities for all the family

Sunday 25th September 2011

Danbury Outdoor Activity Centre near Chelmsford, Essex

Other activities include **obstacle course, high ropes, climbing wall and archery** (all for only £10 per person per hour) as well as other activities for all the family!

Free parking available on site plus **food marquee, bouncy castle, face painting, tombola, stalls** and more...

Call **01206 577678** or email
danburdash@autism-anglia.org.uk
to request a booking form!

Get involved and join the fun!



Race entry fees

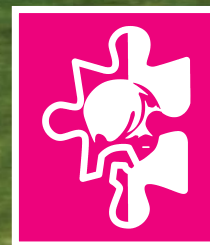
5k : £10 (age 16+) £6 (age 11-15*) **FREE** (age under 11*)

10k : £15 (age 16+ only)

*under-16s must be accompanied by a parent or guardian



In aid of



Autism Anglia

Registered Charity No. 1063717