



**Ashton Playing Fields**  
Chigwell Road, Woodford Green, IG8 8AA

**10.10am Sunday 10th October  
2010**

**10 miles on 10/10/10**

*Walk or run the full 10 miles, or set your own goal!*

**Help us to raise valuable funds for people  
affected by MND in the local area.**

*Plus - tea, coffee, cakes & books for sale*

**To register or find out more please contact Heather at  
[mndeastlondon@hotmail.com](mailto:mndeastlondon@hotmail.com)**

**07905 000448**

**[www.mnd-eastlondon.org.uk](http://www.mnd-eastlondon.org.uk)**

**mnda**  
motor neurone disease  
association

**SO PUT YOUR BEST FOOT FORWARD AND HELP IN THE FIGHT AGAINST M.N.D.**