



Alexander was only 18 months old when he was diagnosed with Duchenne muscular dystrophy. His family know that, as this horrible condition tightens its grip on this gorgeous smiling boy, his body will start to fail him more and more. As he loses more muscle strength he probably won't be able to dress or feed himself. He will almost certainly need a wheelchair by the time he is 10 years old. As his condition worsens, Alexander and his family will need continued support to enable him to lead as full a life as possible. Please help us to fight muscle disease and support the people affected.



The 6th Muscular Dystrophy Campaign Bury 20 Mile Road Race Including the Nearly 10 Mile Road Race Sunday 24 February 2008 10:30am

Two challenging runs through the scenic
West Suffolk countryside

For further information:
Day: 0772 0567494
Eve: 01638 664552
Email: jennie.grimwood@btinternet.com



Bury 20 permit 1654 C.M. cert C3/024 Nearly 10 permit 1655 C.M. cert 03/025 Under UK: A Rules

Raising funds to fight muscle disease

About the Muscular Dystrophy Campaign

The Muscular Dystrophy Campaign is the only UK charity focusing on muscle disease. It has pioneered the search for a cure and treatments for over 47 years, and continues to provide practical care and emotional support to people affected by the condition. It is still campaigning for increased Government spending on medical research.

More than 30,000 people in the UK have muscle disease and 150,000 people are indirectly affected as relatives and carers. There are no cures or treatments which prevent the breakdown of muscle, but increased knowledge has improved the quality of people's lives and — in many cases — length of life.

**Muscular
Dystrophy
Campaign**

Registered Charity No. 205395

Sue Barker MBE,
President of
the Muscular
Dystrophy
Campaign





Back for its 6th year, the Bury 20 Mile Road Race increases in popularity each year. Organised by the MDC race team, who are behind the ever-popular Oxford Town & Gown Fun Run, which regularly attracts 4,000 plus runners, the 20 Mile is ideal preparation for London Marathon runners and those who want to take up a challenge beyond the half marathon distance.

20 Mile Road Race:

The course comprises a route that takes in such villages and hamlets as Nowton, Hoggards Green etc, and back into the park. The course offers scenic views of the rolling and undulating West Suffolk countryside with a couple of moderate climbs on the course, one at 9 miles and one at 18 miles.

Nearly 10 Mile Road Race:

The Nearly 10 (actual distance 9 miles 703 yards) runs along the same route as the 20 mile course until the 5 mile mark where it turns left. It has one moderate climb at 7 miles.

- Both races are accurately measured and timed and there will be drink stations positioned at regular intervals. Full details of both routes will be provided in your entry pack.

Entry:

Please complete and return the entry form opposite. Please note that entries cannot be accepted after 18 February 2008 or on the day. The minimum age for the race is 17 years old. Final details of the race will be sent out at least 14 days before the event.

Entry fees:

- **20 Mile Race** (postal entries)
UK: Club affiliated runners £16. Unattached runners £18.
- **Nearly 10 Race** (postal entries)
UK: Club affiliated runners £12. Unattached runners £14.
- 50 Gold Bond places are reserved for runners raising £75 or more in sponsorship (payable on registration), this includes free entry, privileged parking on site and a Bury 20 glass tankard awarded on completion of the race.

Travel details:

No parking is available within Nowton Park, however, we will be running a free park and ride system from a local car park, that does charge, between 8.45 and 10.15am. Return transport will also be provided post-race. Full details will be included in your race pack. If traveling by rail, please contact the Race Secretary for information on transport from the station.

For further information, please contact:

- © Race director: Day 0772 0567 494, Eve 01638 664552 ✉ jennie.grimwood@btinternet.com
- © Details on course contact: P. Felton 0797 313 313
- © Details on entry: A. Lillie 01787 311358

Bury 20 and Nearly 10 Road Race Entry Form – 24 February 2008

Please complete and return by 18 February 2008. Unsigned entry forms can not be accepted

Title: Name:

Address:

Postcode:

Telephone:

Mobile:

Email:

DOB:

Age on date of event:

Sex M/F:

Club Name (for UK: Club affiliated runners):

- 20 Mile Road Race Nearly 10 Mile Road Race

Total Fee £ _____

- I enclose a cheque for £ _____ made payable to 'Muscular Dystrophy Campaign'

Disclaimer: I declare that I am medically fit to take part in this event and understand that I enter at my own risk and that the organisers or their servants shall not be held responsible for any injury, loss, damage or action claim as a consequence of my participation in this event. If I have a medical condition which may be affected by my taking part in this event, I will record it on the reverse of my race number. Also marking the front of my number with a red cross in the top right hand corner. I understand that this information is confidential and will only be used to ensure I receive the correct treatment from the Race Director should it be needed.

Signature: _____ Print name: . _____

**Return completed form with your entry fee to:
Anne Lillie, Race Secretary, 74 Melford Road, Sudbury, Suffolk, CO10 1JX**

- By ticking this box, we will not pass your details onto the sponsors of this race.
- We would like to keep you informed of forthcoming events in your area and our work, if you would prefer not to hear from us, please tick this box.