



**BARNES FITNESS.CO.UK**  
BELIEVE TO ACHIEVE

**THAMES  
5KM/10KM  
& 2.5KM**

THURSDAY 5 JULY  
6:30PM START - 2.5KM  
7:30PM START - 5KM/10KM  
RUN 5KM/10KM & KIDS 2.5KM  
BEALE PARK,  
PANGBOURNE,  
RG8 9NW



# THAMES 5/10km 2018 ROUTE







# THAMES 2.5km 2018 ROUTE

