



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

# THAMES 5/10km 2019 ROUTE

## THAMES 5KM/10KM & 2.5KM

THURSDAY 4 JULY  
6:30PM START - 2.5KM  
7:30PM START - 5KM/10KM  
RUN 5KM/10KM KIDS 2.5KM  
BEALE PARK,  
PANGBOURNE,  
RG8 9NW



# THAMES 2.5km 2019 ROUTE

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