

# Run For ALL Life



Join Dawn Biram and friends at  
**Ecclesall Wood, Sheffield**  
on Saturday 21st May 2011 at 11am  
for a 5k or 10k **sponsored run**  
to help raise funds for the Dr Hadwen Trust

- ♥ Warm up with an instructor from [Pure Gym](#)
- ♥ **Free** to enter but minimum sponsorship of £10 required
- ♥ Use the attached sponsor form to collect sponsorship or raise money online at: [www.justgiving.com/drhadwentrust](http://www.justgiving.com/drhadwentrust)
- ♥ Please be aware that this is an **off-road** run over uneven terrain
- ♥ **Water** has very kindly been donated by the Co-op

For further information and to book your place, please call **Dawn** on 0114 2356907 or email her at [Hadwen.Run@gmail.com](mailto:Hadwen.Run@gmail.com)

Dr Hadwen Trust (DHT) funds **non-animal** medical research into illnesses such as **cancer**, benefiting human health with more relevant scientific results and saving animals from pain and suffering.

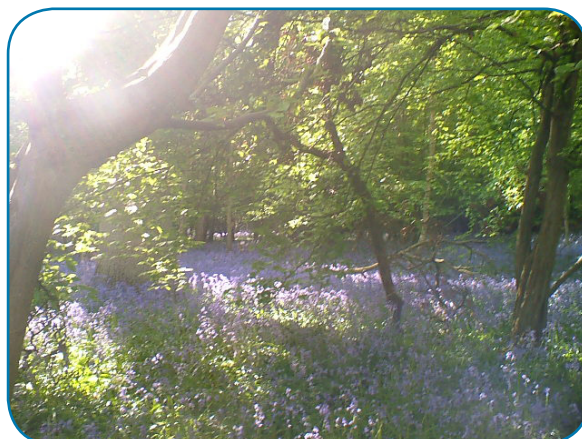


Unfortunately, we cannot accept entrants with pre-existing medical conditions.

**dht**

DR HADWEN TRUST FOR **HUMANE** RESEARCH

# Run For ALL Life



## Ecclesall Woods

See a map at: <http://www.multimap.com/s/jlHjSuj5>

Ecclesall Woods are large, beautiful woodlands in South West Sheffield. The start of the race will be from the meadow normally used by the model railway on Abbeydale Road South (A621), almost opposite Dore and Totley railway station. The route will use the footpaths in the woods but may include some uneven ground and the occasional tree root across the path. It will be bird nesting season so it is essential that runners stay on the marked paths and dogs are kept under control.

### **Travelling by car:**

From Sheffield city centre, travel down London Road, which turns into Abbeydale Road then Abbeydale Road South (A621) This leads towards the Dore/Totley suburbs of Sheffield. As you head out of the city, you will pass Millhouses Park on your left. Go straight across the traffic lights at the junction with Abbey Lane. The woods start on the right hand side. The venue is located just before you get to Dore and Totley Railway Station.

Cars can park on Abbeydale Road or in the meadow at owner's risk.

### **Travelling by bus:**

Ecclesall Woods are served by the regular 97 and 98 First Bus services from Sheffield. They leave from outside the Peace Gardens next to the Town Hall and both go past Ecclesall Woods. Get off at Dore and Totley Railway Station and walk back on yourself a little down the main road to the edge of the shops. Cross the road and into the meadow.

On the return journey, the most central stop in Sheffield is at the Arundel Gate interchange and is a short walk into the city centre or down to the Sheffield railway station.

### **Travelling by train:**

Dore and Totley railway station is almost opposite the venue. There are trains from Sheffield and Manchester.

See [www.nationalrail.co.uk](http://www.nationalrail.co.uk).

Exit the station onto the main road, turn right and go past the shops.

Cross the road into the meadow.



DR HADWEN TRUST FOR HUMAN RESEARCH

