

REVERSE RUNNING **GNINNUR ESREVER**

PRESENTS

1ST UK

BACKWARD RUNNING CHAMPIONSHIPS

in association with



Sunday 22nd August 2010. 11am Start

Heaton Park, Manchester

One mile backward running race around picturesque Heaton Park.
Enter to win or to finish. T-Shirts, medals and prizes

Online entry and race information at:

www.reverserunning.com

'Turn your back on sport'

Organised by Reverse Running and Wacky Nation (wackynation.com)