



livewell

in the Braintree District

FREE

BOCKING AND BLACKWATER

3K FUN RUN

IN ASSOCIATION WITH COMPANY OF RUNNERS

There will be a group warm up courtesy of Company of Runners at 11:45. Run starts at **12noon** from Bocking & Blackwater Open Space and Nature Reserve (Off Vernon Way CM7 9TU)

ALL ABILITIES AND AGES WELCOME*

Come and enjoy this beautiful nature reserve and open space maintained by friends of Bocking Blackwater. BBQ back at the Swiss Bell Public House

The run is **FREE** to enter! Please visit <http://bit.do/livewellseries> to register

**under 11's must be accompanied by an adult*

**SATURDAY
21st JULY
2018**



Contact **01376 552525** or email active.braintree@braintree.gov.uk

