



ESHER RUGBY

Supporting

Rugby Against **CANCER**

**GOAL
£1K+**



FITNESS FUNDRAISER

5Km BETWEEN 1ST MAY-29TH MAY

GET FIT...Feel Good ... Fitness Challenge

Come together to support your Club and charity **RUGBY AGAINST CANCER**, a charity which supports those within the rugby family affected by cancer.

Read **JACK JAKEMAN'S** story

Open to **ALL** ages

Total distance per person 5km

(do it in one hit or stagger it)

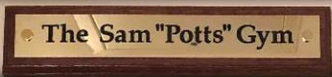


Participation made Easy

Use the marked out course at the Club. Or use your Garmin to submit your time

WALK / RUN / JOG / NORDIC POLES / CYCLE

(the choice is yours)



Entry £10 per person

(50% donated to Rugby Against Cancer and 50% towards improvements to The Sam "Potts" Gym at Esher Rugby)

Encourage your friends, team mates or family members to join you to make it more fun!

The concept

Each 5,000 metres achieved goes towards us travelling around virtually to clubs in our league (Nat 2 South). We will chart the distance & progress on the virtual route map



SIGN UP NOW: [CLICK HERE](#)