

SIGN UP AND RUN THE WORTHING RUNFEST 10KM OR  
HALF MARATHON IN AID OF WORTHING MENCAP.

SUNDAY 30TH APRIL 2023

# THINKING ABOUT YOUR 2023 NEW YEAR'S RESOLUTION?

Contact [buddys@worthingmencap.org](mailto:buddys@worthingmencap.org) today for more  
information.

Worthing  **mencap**

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