

# The great north 5k run, walk or crawl

## FC United Minithon 2010

Sunday October 17th, 12 Noon  
Chorlton Meadows

**The challenge is on.** Bring your mates,  
burn off a few pounds and help raise money  
for The Frost Foundation Children's Charity  
and FC United.

**Free tickets  
for every entrant!**

Every person that  
participates will be offered  
free entry to a home league  
fixture of their choosing,  
see website  
for more details.



Supported by

The **co-operative**  
membership

Register online at [www.fc-utd.co.uk/minithon](http://www.fc-utd.co.uk/minithon)  
or call **0161 273 8950**

For more details visit [www.fc-utd.co.uk](http://www.fc-utd.co.uk)

