

TIMETABLE	EVENT	THEMED RUNS	TALKS	FILMS IN THE GALA	OTHER	
THURSDAY 25th July						
5-6pm					BEN SMITH BOOK SIGNING 5PM	
6-7pm			LEWIS MOSES 6PM Warm up like the Elites			
7-8pm	DURHAM CITY 5K/10K START 7.15PM Market Place & Millenium Place					
8-9pm						
9-10pm						
FRIDAY 26th July						
8am-9am						
9am-10am						
10-11am	RUN LIKE A LEGEND MILE - 10.40AM - 5PM RIVERSIDE - PRINCE BISHOPS Start and Finish on Riverside next to Boat Club & Whisky River					
11--Midday		DURHAM MUMS ON THE RUN 3K 10.30AM Finish Radisson Blu Hotel	BEN SMITH - 12PM What next after 401 Marathons in 401 Days?			
Midday-1pm			LOUISE SUTTON 1PM Nutrition for Runners			
1-2pm		BEN SMITH AND IF YOU CARE SHARE 3K 1PM Start/Finish Radisson Blu Hotel	TOM LANCASHIRE 2PM How to tailor your training to your DNA			
2-3pm			GEMMA HILLIER-MOSES 3PM Move against Cancer			
3-4pm			TERRY DEARY HORRIBLE HISTORIES RUN 4PM Start/finish Radisson Blu Hotel	COLIN BURGIN-PLEWS AKA Big Pink Dress 4PM Fundraising through running		
4-5pm			DURHAM GIN RUN WITH OLD TOM'S TEAM 3K 5PM Start/Finish Radisson Blu Hotel	DANE MITCHELL (Millenium Sq) 5PM Practical session for running strength	FREE TO RUN - £5 - 5PM	PAUL HOBROUGH BOOK SIGNING & Q+A 5PM
5-6pm				PAUL HOBROUGH 6PM Running Free of Injuries		
6-7pm				EVEREST ON THE TRACK - £18 - 7PM See inside brochure for more details		
7-8pm						
8-9pm						
SATURDAY 27th July						
10-11am	ATOM BANK FAMILIES ON TRACK 10AM - 12.30PM Racecourse - Durham Univ cricket ground supported by Atom Bank				NIKE - MADE TO PLAY 10AM - 12PM Get the Young Ones Moving	
11-Midday		TERRY DEARY HORRIBLE HISTORIES RUN 12.30PM Start/finish Radisson Blu Hotel				
Midday-1pm						
1-2pm						
2-3pm		PLOGGING RUN- Sedgefield Ploggers 14:00 Start/finish Radisson Blu Hotel			I AM BOLT - 2PM - £5 The Usain Bolt Story	
3-4pm			FEMKE VAN DREVEN - Durham City Physio 3PM Adolescent Fitness and Training			
4-5pm		PAULA RADCLIFFE & BEN SMITH 4PM Running a Marathon *NB: Tickets £5				
5-6pm				SKID ROW MARATHON - 5PM - £5		