

The 4th

Two Nations Run

crossing the famous Union Chain Bridge over the River Tweed

Sunday 28th July 2019



at Paxton House

by kind permission of The Paxton Trust

7k* and 1.8k* courses

along riverside, woodland and country lanes

11am

**Registration from 10am or get an entry form on our website,
Instagram or Twitter @UCBFriends**

Entry £5 U16 £3

***Course distances are approximate; 7k runners must be 15+ ; the 1.8km run does not
cross the Union Bridge**

**The Friends of the Union Chain Bridge – Registered as a Charity in England and Wales (No
1162687) and Scotland (No SCO46208) A Charitable Incorporated Organisation formed under
the Charities Act 2011**

