

U.K. Route



RUN FOR THE RESCUE

500 miles in chains to end modern slavery

August 18th-September 16th 2009

Day	Date	Daily Route	Daily Mileage
Saturday	August 22	London, UK to Watford, Hertfordshire, UK	17.2
Sunday	23	PR Day	-
Monday	24	Watford, UK - Luton, Bedfordshire, UK	18.2
Tuesday	25	Luton, UK - Milton Keynes, UK	18.3
Wednesday	26	Milton Keynes, UK - Northampton, UK	19.2
Thursday	27	PR Day	-
Friday	28	Northampton, UK - Daventry, UK	12.5
Saturday	29	Daventry, UK - Coventry, UK	19.2
Sunday	30	PR Day	-
Monday	31	Coventry, UK - Birmingham, UK	19
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Tuesday	September 1	Birmingham, UK - Tamworth, UK	15.3
Wednesday	2	Tamworth, UK - Coalville, Leicestershire, UK	17.3
Thursday	3	PR Day	-
Friday	4	Coalville, Leicestershire, UK - Nottingham, UK	22.5
Saturday	5	Nottingham, UK - Mansfield, UK	14.2
Sunday	6	PR Day	-
Monday	7	Mansfield, UK - Sheffield, UK	21.6
Tuesday	8	Sheffield, UK - Doncaster, UK	17.9
Wednesday	9	Doncaster - Howden, Goole, UK	22.2
Thursday	10	Howden, Goole, UK - Willerby, Hull, UK	19.6
Friday	11	Willerby, Hull, UK - Downtown Hull	6.6
Saturday	12	FREEDOM FESTIVAL	-
Sunday	13	PR Day	-
Monday	14	PR Day	-
Tuesday	15	PR Day	-

- **Start:** London, UK
- **1** Watford, UK
- **2** Luton, UK
- **3** Milton-keynes, UK
- **4** Northampton, UK
- **5** Daventry, UK
- **6** Coventry, UK
- **7** Birmingham, UK
- **8** Tamworth, Staffordshire, UK
- **9** Coalville, Leicestershire, UK
- **10** Nottingham, UK
- **11** Mansfield, UK
- **12** Sheffield, UK
- **13** Doncaster, UK
- **14** Howden, Goole, UK
- **15** Willerby, Hull, UK
- **Finish:** Hull, UK



www.run4therescue.com

London, UK