



Kellogg's[®] CORN FLAKES
GREAT WALK 2005
 step out and make a difference!

FULL SCHEDULE OF EVENTS (ISSUE DATE: 03 MARCH 2005)

10K EVENTS

For ease of reference the 10K events have been highlighted with a coloured background

INTERCONNECTING WALKS

With the exception of the three interconnecting walks marked with an asterisk (*), when there is a 10K event on the same day as an interconnecting walk the daily walking distance shown does not include the 10K event. Participants, however, are welcome to take part in the relevant 10K event at no extra cost.

APPROXIMATE START TIME GUIDE

Morning = between 9.00 and 11.00 am (interconnecting walks, however, will start between 7.00 am and 9.00 am)
 Afternoon = between 12.00 noon and 4.00 pm
 Evening = between 4.00 pm and 7.00 pm

Please note that at the larger events start times will be staggered - details of which will be sent to you in your final pack approximately three to four weeks before your event. This pack will also contain confirmation of your event details including start and finish points and on the day directions.

NUMBER OF PLACES AVAILABLE

Please note that there are only 10 places available on each of the interconnecting walks. The 10K events will be considerably larger with participant numbers ranging from approximately 250 at the smaller events up to 3000 plus at the larger venues.

NO	DAY	DATE	TIME	FROM	TO	KMS
SCOTLAND						
1	Thu	28.04.05	Morning	John O'Groats (Coastal Path) 10K	Nr Wick (Coastal Path)	10
1	Thu	28.04.05	Morning	John O'Groats, Highlands*	Wick, Highlands (via John O'Groats to Nr Wick 10K)*	29
2	Fri	29.04.05	Morning	Wick, Highlands	Swiney, Highlands	24
3	Sat	30.04.05	Morning	Swiney, Highlands	Navidale, Highlands	32
4	Sun	01.05.05	Morning	Navidale, Highlands	Brora, Highlands	32
5	Mon	02.05.05	Morning	Brora (Coastal Path) 10K	Golspie (Coastal Path)	10
5	Mon	02.05.05	Morning	Brora, Highlands*	Nr Skelbo, Highlands (via Brora to Golspie 10K)*	19.3
6	Tue	03.05.05		Rest day		
7	Wed	04.05.05	Morning	Nr Skelbo, Highlands	Nr Easter Fearn, Highlands	24.5
8	Thu	05.05.05	Morning	Nr Easter Fearn, Highlands	Nr Arduilie, Highlands	24.5
9	Fri	06.05.05	Morning	Nr Arduilie, Highlands	Inverness (Bught Park), Highlands	24
10	Sat	07.05.05	Morning	Inverness (Bught Park) 10K	Inverness (Bught Park)	10
10	Sat	07.05.05	Morning	Inverness (Bught Park), Highlands	Nr Moss-side, Highlands	26.3
11	Sun	08.05.05	Morning	Nr Moss-side, Moray	Nr Crook of Alves, Moray	32
12	Mon	09.05.05		Rest day		
13	Tue	10.05.05	Morning	Nr Crook of Alves, Moray	Nr Aultmore, Moray (via Cooper Park 10K)	32
13	Tue	10.05.05	Morning	Elgin (Cooper Park) 10K	Elgin (Cooper Park)	10
14	Wed	11.05.05	Morning	Nr Aultmore, Moray	Nr Bainshole, Aberdeenshire	32
15	Thu	12.05.05	Morning	Nr Bainshole, Aberdeenshire	Kinmuck, Aberdeenshire	32
16	Fri	13.05.05	Morning	Kinmuck, Aberdeenshire	Aberdeen (Esplanade), Aberdeenshire	21
17	Sat	14.05.05	Morning	Aberdeen (Esplanade) 10K	Aberdeen (Esplanade)	10
17	Sat	14.05.05	Morning	Aberdeen (Esplanade), Aberdeenshire	Stonehaven, Aberdeenshire	27
18	Sun	15.05.05	Morning	Stonehaven, Aberdeenshire	Nr St Cyrus, Aberdeenshire	29
19	Mon	16.05.05		Rest day		
20	Tue	17.05.05	Morning	Nr St Cyrus, Aberdeenshire	Arbroath, Angus	29
21	Wed	18.05.05	Morning	Arbroath, Angus	Dundee (Camperdown Park), Fife	29.5
21	Wed	18.05.05	Evening	Dundee (Camperdown Park) 10K	Dundee (Camperdown Park)	10
22	Thu	19.05.05	Morning	Dundee (Camperdown Park), Fife	Nr Monimail, Fife	32
23	Fri	20.05.05	Morning	Nr Monimail, Fife	Nr Lumphinnans, Fife (via Balbirnie Park 10K)	32
23	Fri	20.05.05	Afternoon	Glenrothes (Balbirnie Park) 10K	Glenrothes (Balbirnie Park)	10
24	Sat	21.05.05	Morning	Nr Lumphinnans, Fife	Nr Cramond Bridge, Edinburgh (via Pittencrieff Park 10K)	32
24	Sat	21.05.05	Morning	Dunfermline (Pittencrieff Park) 10K	Dunfermline (Pittencrieff Park)	10
25	Sun	22.05.05	Morning	Nr Cramond Bridge, Edinburgh	Nr Howgate, Midlothian (via Holyrood Park 10K)	32
25	Sun	22.05.05	Afternoon	Edinburgh (Holyrood Park) 10K	Edinburgh (Holyrood Park)	10
26	Mon	23.05.05		Rest day		
27	Tue	24.05.05	Morning	Nr Howgate, Midlothian	Nr Traquair, Scottish Borders	27
28	Wed	25.05.05	Morning	Nr Traquair, Scottish Borders	Nr Crosslee, Scottish Borders	25.5

This information is correct at the time of going to print.

You are advised to check the website (www.great-walk.org) periodically for any changes to the itinerary and details of the current number of places available for each event.



Kellogg's[®] CORN FLAKES

GREAT WALK 2005

step out and make a difference!

29	Thu	26.05.05	Morning	Nr Crosslee, Scottish Borders	Nr Castle Oer, Dumfries & Galloway	27
30	Fri	27.05.05	Morning	Nr Castle Oer, Dumfries & Galloway	Nr Chapelknowe, Dumfries & Galloway	27
ENGLAND - NORTH						
31	Sat	28.05.05	Morning	Nr Chapelknowe, Dumfries & Galloway	Carlisle (Talkin Tarn Park), Cumbria	29
31	Sat	28.05.05	Afternoon	Carlisle (Talkin Tarn Park) 10K	Carlisle (Talkin Tarn Park)	10
32	Sun	29.05.05	Morning	Carlisle (Talkin Tarn Park), Cumbria	Nr Haltwhistle, Northumberland	32
33	Mon	30.05.05		Rest day		
34	Tue	31.05.05	Morning	Nr Haltwhistle, Northumberland	Nr Corbridge, Northumberland	32
35	Wed	01.06.05	Morning	Nr Corbridge, Northumberland	Newcastle-upon-Tyne (Town Moor)	33.5
35	Wed	01.06.05	Evening	Newcastle-upon-Tyne (Town Moor) 10K	Newcastle-upon-Tyne (Town Moor)	10
36	Thu	02.06.05	Morning	Newcastle-upon-Tyne (Town Moor)	Durham (Meadowfield Leisure Centre), Co Durham	33.5
36	Thu	02.06.05	Evening	Durham (Meadowfield Leisure Centre) 10K	Durham (Meadowfield Leisure Centre)	10
37	Fri	03.06.05	Morning	Durham (Meadowfield Leisure Centre), Co Durham	Nr Elton, Stockton upon Tees (via Sedgefield)	32
38	Sat	04.06.05	Morning	Nr Elton, Stockton upon Tees	Nr Urra, N Yorkshire (via Stewart Park 10K)	32
38	Sat	04.06.05	Afternoon	Middlesbrough (Stewart Park) 10K	Middlesbrough (Stewart Park)	10
39	Sun	05.06.05	Morning	Nr Urra, N Yorkshire	Nr Gilling East, N Yorkshire	32
40	Mon	06.06.05		Rest day		
41	Tue	07.06.05	Morning	Nr Gilling East, N Yorkshire	York, N Yorkshire (Rawcliffe Ing Country Park)	32
41	Tue	07.06.05	Evening	York (Rawcliffe Ing Country Park) 10K	York (Rawcliffe Ing Country Park)	10
42	Wed	08.06.05	Morning	York, N Yorkshire (Rawcliffe Ing Country Park)	Leeds (Roundhay Park), W Yorkshire	35
42	Wed	08.06.05	Evening	Leeds (Roundhay Park) 10K	Leeds (Roundhay Park)	10
43	Thu	09.06.05	Morning	Leeds (Roundhay Park), W Yorkshire	Huddersfield (Greenhead Park), Kirklees	33.5
43	Thu	09.06.05	Evening	Huddersfield (Greenhead Park) 10K	Huddersfield (Greenhead Park)	10
44	Fri	10.06.05	Morning	Huddersfield (Greenhead Park), Kirklees	Oldham (Alexandra Park)	29
45	Sat	11.06.05	Morning	Oldham (Alexandra Park) 10K	Oldham (Alexandra Park)	10
45	Sat	11.06.05	Morning	Oldham (Alexandra Park)	Manchester (Heaton Park)	13
46	Sun	12.06.05	Morning	Manchester (Heaton Park) 10K	Manchester (Heaton Park)	10
47	Mon	13.06.05		Rest day		
NORTHERN IRELAND						
48	Tue	14.06.05	Evening	Belfast (Ormeau Park) 10K	Belfast (Ormeau Park)	10
49	Wed	15.06.05	Morning	Belfast (Ormeau Park)	Lisburn	25.5
49	Wed	15.06.05	Evening	Lisburn (Town Walk) 10K	Lisburn (Town Walk)	10
50	Thu	16.06.05	Morning	Lisburn	Banbridge (Havelock Park)	32
50	Thu	16.06.05	Evening	Banbridge (Havelock Park) 10K	Banbridge (Havelock Park)	10
51	Fri	17.06.05	Morning	Banbridge (Havelock Park)	Newry	25.5
REPUBLIC OF IRELAND						
52	Sat	18.06.05	Morning	Newry	Blackrock, Louth (via Institute of Technology 10K)	28
52	Sat	18.06.05	Afternoon	Dundalk (Institute of Technology) 10K	Dundalk (Institute of Technology)	10
53	Sun	19.06.05	Morning	Blackrock, Louth	Drogheda, Louth	34.5
53	Sun	19.06.05	Afternoon	Drogheda (River Walk) 10K	Drogheda (River Walk)	10
54	Mon	20.06.05		Rest day		
55	Tue	21.06.05	Morning	Drogheda, Louth	Balbriggan (Ardgillan Castle), Dublin	16
55	Tue	21.06.05	Evening	Balbriggan (Ardgillan Castle) 10K	Balbriggan (Ardgillan Castle)	10
56	Wed	22.06.05	Morning	Balbriggan (Ardgillan Castle), Dublin	Dublin (Phoenix Park)	32
57	Thu	23.06.05	Morning	Dublin (Phoenix Park)	Kilcoole, Wicklow	32
58	Fri	24.06.05	Morning	Kilcoole, Wicklow	Rathnew, Wicklow	32
59	Sat	25.06.05	Morning	Wicklow (Avondale House and Forest Park) 10K	Wicklow (Avondale House and Forest Park)	10
59	Sat	25.06.05	Morning	Rathnew, Wicklow	Nr Shillelagh, Wicklow	34
60	Sun	26.06.05	Morning	Nr Shillelagh, Wicklow	Enniscorthy, Wexford	36
61	Mon	27.06.05		Rest day		
62	Tue	28.06.05	Morning	Enniscorthy, Wexford	Glenmore, Wexford	32
63	Wed	29.06.05	Morning	Glenmore, Wexford	Portlaw, Waterford (via Waterford 10K)	32
63	Wed	29.06.05	Evening	Waterford (Road Route) 10K	Waterford (Road Route)	10

This information is correct at the time of going to print.

You are advised to check the website (www.great-walk.org) periodically for any changes to the itinerary and details of the current number of places available for each event.



Kellogg's[®] CORN FLAKES
GREAT WALK 2005
 step out and make a difference!

64	Thu	30.06.05	Morning	Portlawn, Waterford	Clonmel, Tipperary	32
65	Fri	01.07.05	Morning	Clonmel, Tipperary	Rossadrehid, Tipperary	32
66	Sat	02.07.05	Morning	Rossadrehid, Tipperary	Bruff, Limerick	35
67	Sun	03.07.05	Morning	Bruff, Limerick	Limerick	24
67	Sun	03.07.05	Afternoon	Limerick (Town Walk) 10K	Limerick (Town Walk)	10
68	Mon	04.07.05		Rest day		
69	Tue	05.07.05	Morning	Limerick	Tome, Clare	32
70	Wed	06.07.05	Morning	Tome, Clare	Raheen Demesne, Galway	32
71	Thu	07.07.05	Morning	Raheen Demesne, Galway	Galway (Promenade)	29.5
71	Thu	07.07.05	Evening	Galway (Promenade) 10K	Galway (Promenade)	10
72	Fri	08.07.05	Morning	Galway (Promenade)	Attymon, Galway	32
73	Sat	09.07.05	Morning	Attymon, Galway	Ballinasloe, Galway	32
74	Sun	10.07.05	Morning	Ballinasloe, Galway	Lemanaghan, Offaly	34.5
75	Mon	11.07.05		Rest day		
76	Tue	12.07.05	Morning	Lemanaghan, Offaly	Daingean, Offaly	32
77	Wed	13.07.05	Morning	Daingean, Offaly	Robertstown, Offaly	35
78	Thu	14.07.05	Morning	Robertstown, Offaly	Celbridge, Kildare	23
79	Fri	15.07.05	Morning	Celbridge, Kildare	Dublin (Phoenix Park)	22
80	Sat	16.07.05	Morning	Dublin (Phoenix Park) 10K	Dublin (Phoenix Park)	10
				ENGLAND - NORTH		
81	Sun	17.07.05	Morning	Arley (Arley Hall and Gardens) 10K	Arley (Arley Hall and Gardens)	10
82	Mon	18.07.05	Morning	Manchester (Heaton Park)	Arley (Arley Hall and Gardens), Cheshire	36
83	Tue	19.07.05	Morning	Arley (Arley Hall and Gardens), Cheshire	Warrington (Victoria Park)	16
83	Tue	19.07.05	Afternoon	Warrington (Victoria Park) 10K	Warrington (Victoria Park)	10
84	Wed	20.07.05	Morning	Warrington (Victoria Park)	Liverpool (Calderstone Park), Merseyside	32
84	Wed	20.07.05	Evening	Liverpool (Calderstone Park) 10K	Liverpool (Calderstone Park)	10
85	Thu	21.07.05	Morning	Liverpool (Calderstone Park), Merseyside	Nr Ledsham, Cheshire	32
86	Fri	22.07.05	Morning	Nr Ledsham, Cheshire	Wrexham, Wales (via River Dee 10K)	29
86	Fri	22.07.05	Morning	Chester (River Dee) 10K	Chester (River Dee)	10
				WALES - NORTH		
87	Sat	23.07.05	Morning	Wrexham (Acton Park) 10K	Wrexham (Acton Park)	10
87	Sat	23.07.05	Morning	Wrexham (Acton Park), North Wales	Northwood, Shropshire	30.5
				ENGLAND - MIDLANDS		
88	Sun	24.07.05	Morning	Northwood, Shropshire	Telford (Town Park), Telford & Wrekin	39
88	Sun	24.07.05	Evening	Telford (Town Park) 10K	Telford (Town Park)	10
89	Mon	25.07.05		Rest day		
90	Tue	26.07.05	Morning	Telford (Town Park), Telford & Wrekin	Dudley (Himley Hall), West Midlands	34.5
90	Tue	26.07.05	Evening	Dudley (Himley Hall) 10K	Dudley (Himley Hall)	10
91	Wed	27.07.05	Morning	Dudley (Himley Hall), West Midlands	Sutton Coldfield (Sutton Park), West Midlands	24
91	Wed	27.07.05	Afternoon	Sutton Coldfield (Sutton Park) 10K	Sutton Coldfield (Sutton Park)	10
92	Thu	28.07.05	Morning	Sutton Coldfield (Sutton Park), West Midlands	Kingsbury (Kingsbury Water Park), Warwickshire	14.5
92	Thu	28.07.05	Afternoon	Kingsbury (Kingsbury Water Park) 10K	Kingsbury (Kingsbury Water Park)	10
93	Fri	29.07.05	Morning	Kingsbury (Kingsbury Water Park), Warwickshire	Sutton Cheney, Leicestershire	26
94	Sat	30.07.05	Morning	Sutton Cheney, Leicestershire	Nr Croft, Leicestershire (via Abbey Park 10K)	35
94	Sat	30.07.05	Afternoon	Leicester (Abbey Park) 10K	Leicester (Abbey Park)	10
95	Sun	31.07.05	Morning	Nr Croft, Leicestershire	Draycote Water Park, Warwickshire	37
95	Sun	31.07.05	Afternoon	Rugby (Draycote Water) 10K	Rugby (Draycote Water)	10
96	Mon	01.08.05		Rest day		
97	Tue	02.08.05	Morning	Draycote Water Park, Warwickshire	Stratford-upon-Avon (Greenway), Warwickshire	38.5
97	Tue	02.08.05	Evening	Stratford-upon-Avon (Greenway) 10K	Stratford-upon-Avon (Greenway)	10
98	Wed	03.08.05	Morning	Stratford-upon-Avon (Greenway), Warwickshire	Banbury, Oxfordshire	33.5
99	Thu	04.08.05	Morning	Banbury, Oxfordshire	Islip, Oxfordshire	33.5
100	Fri	05.08.05	Morning	Islip, Oxfordshire	East Hendred, Oxfordshire (via South Park 10K)	32

This information is correct at the time of going to print.

You are advised to check the website (www.great-walk.org) periodically for any changes to the itinerary and details of the current number of places available for each event.



Kellogg's CORN FLAKES
GREAT WALK 2005
 step out and make a difference!

100	Fri	05.08.05	Morning	Oxford (South Park) 10K	Oxford (South Park)	10
101	Sat	06.08.05	Morning	East Hendred, Oxfordshire	Nr Greenham, West Berkshire	32
102	Sun	07.08.05	Morning	Nr Greenham, West Berkshire	Nr Micheldever, Hampshire	32
103	Mon	08.08.05		Rest day		
104	Tue	09.08.05	Morning	Nr Micheldever, Hampshire	Southampton (Southampton Common), Hampshire	34
105	Wed	10.08.05	Morning	Southampton (Southampton Common) 10K	Southampton (Southampton Common)	10
105	Wed	10.08.05	Morning	Southampton (Southampton Common), Hampshire	Nr Over Wallop, Hampshire	32
106	Thu	11.08.05	Morning	Nr Over Wallop, Hampshire	Nr Marlborough, Wiltshire	33.5
107	Fri	12.08.05	Morning	Nr Marlborough, Wiltshire	Brinkworth, Wiltshire (via Lydiard Country Park 10K)	32
107	Fri	12.08.05	Afternoon	Swindon (Lydiard Country Park) 10K	Swindon (Lydiard Country Park)	10
108	Sat	13.08.05	Morning	Brinkworth, Wiltshire	Nr Old Sodbury, South Gloucestershire	32
109	Sun	14.08.05	Morning	Nr Old Sodbury, Gloucestershire	Severn Beach, Bristol	29
				WALES - SOUTH		
110	Mon	15.08.05		Rest day		
111	Tue	16.08.05	Morning	Caldicot, Monmouthshire	Newport (International Sports Village), Gwent	22.5
111	Tue	16.08.05	Afternoon	Newport (International Sports Village) 10K	Newport (International Sports Village)	10
112	Wed	17.08.05	Morning	Newport (International Sports Village), Gwent	Cardiff (Bute Park)	20
112	Wed	17.08.05	Afternoon	Cardiff (Bute Park) 10K	Cardiff (Bute Park)	10
				ENGLAND - SOUTH		
113	Thu	18.08.05	Morning	Severn Beach, S Gloucestershire	Cleeve, N Somerset (via Blaise Castle Park 10K)	32
113	Thu	18.08.05	Afternoon	Bristol (Blaise Castle Park) 10K	Bristol (Blaise Castle Park)	10
114	Fri	19.08.05	Morning	Cleeve, N Somerset	Nr Edithmead, Somerset (via Beach Lawns 10K)	32
114	Fri	19.08.05	Afternoon	Weston-Super-Mare (Beach Lawns) 10K	Weston-Super-Mare (Beach Lawns)	10
115	Sat	20.08.05	Morning	Nr Edithmead, Somerset	Bathpool, Somerset (via Canal Path 10K)	32
115	Sat	20.08.05	Morning	Bridgwater (Canal Path) 10K	Bridgwater (Canal Path)	10
116	Sun	21.08.05	Morning	Bathpool, Somerset	Nr Kentisbeare, Devon	33
117	Mon	22.08.05		Rest day		
118	Tue	23.08.05	Morning	Nr Kentisbeare, Devon	Exeter (Riverside Valley Park), Devon	32
118	Tue	23.08.05	Afternoon	Exeter (Riverside Valley Park) 10K	Exeter (Riverside Valley Park)	10
119	Wed	24.08.05	Morning	Exeter (Riverside Valley Park), Devon	Nr Lettaford, Devon	22
120	Thu	25.08.05	Morning	Nr Lettaford, Devon	Yelverton, Devon	24
121	Fri	26.08.05	Morning	Yelverton, Devon	Antony, Cornwall (via Central Park 10K)	24
121	Fri	26.08.05	Afternoon	Plymouth (Central Park) 10K	Plymouth (Central Park)	10
122	Sat	27.08.05	Morning	Antony, Cornwall	Nr Fowey, Cornwall	33.5
123	Sun	28.08.05	Morning	Nr Fowey, Cornwall	Nr St Clement, Cornwall (via Nature Trail 10K)	33.5
123	Sun	28.08.05	Morning	St Austell (Nature Trail) 10K	St Austell (Nature Trail)	10
124	Mon	29.08.05	Morning	Nr St Clement, Cornwall	Godolphin Cross, Cornwall (via Camborne 10K)	35
124	Mon	29.08.05	Morning	Camborne (Camborne Park) 10K	Camborne (Camborne Park)	10
125	Tue	30.08.05		Rest day		
126	Wed	31.08.05	Morning	Godolphin Cross, Cornwall	Lands End, Cornwall (via Land's End 10K)*	35
126	Wed	31.08.05	Afternoon	Land's End (Coastal Walk) 10K	Land's End (Coastal Walk)	10
127	Wed	07.09.05	Evening	Norwich (Norfolk Showground) 10K	Norwich (Norfolk Showground)	10
128	Sun	18.09.05	Morning	London (Hyde Park) 10K	London (Hyde Park)	10

This information is correct at the time of going to print.

You are advised to check the website (www.great-walk.org) periodically for any changes to the itinerary and details of the current number of places available for each event.