

4 PROVINCES FUN RUN

★ ★ ★ ★
BELFAST · CORK · DUBLIN · GALWAY
WED 16TH NOV 2011 · 7.30 PM



RUN FOR MARK IN THE DARK

SIGN UP NOW!

www.RUN4MARK.com



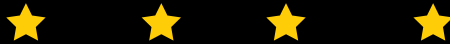
MARK
POLLOCK
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Join us on the 16th November

in one of four venues nationwide to partake in a unique night time fun run for a truly inspiring individual. There is also a shorter walking option so everyone can get involved and show support.

Log onto www.RUN4MARK.com for more specific details on the event nearest you.



On the 2nd of July 2010, Mark Pollock fell from a second story window. A catastrophic spinal cord injury has left him completely paralysed from the waist down. Cruelly this is not Mark's first tragedy. When he was only 22 he lost his sight.

The Mark Pollock Trust has been set up by friends to assist with the capital and ongoing costs specifically associated with his spinal injury - including a team of rehabilitation specialists, physiotherapy equipment, visits to specialised spinal injury activity-based recovery centres and mobility solutions.

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