

OUR FLAGSHIP EVENT IS BACK!
And this year, it's better than ever!



Striding for Survival 2023



**Saturday
9th September**

Virginia Water, Windsor Great Park,
From 10am

Walk, jog or run one of the 3km, 7km or 11km routes
to help us raise vital funds and save lives.

WHO WILL YOU STRIDE FOR?

Sign up today at panact.org/striding

OR JOIN OUR
VIRTUAL STRIDE!
Choose your
own route

EARLY
BIRD OFFER!
Only £5pp
if you sign up
before 31st July

