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| 4th May 2013sospa Pasta PartyThis will be an ideal opportunity to meet other runners and “carbo-load” on a choice of pastas accompanied by salads. Vegetarian options will be available This includes entrance to the Private Party on the 1st floor at Après with local DJ plus Pasta and late bar £5.00 per ticket Family tickets available call or mail For more information contact Kevin on 07531 395583 or mail kp@sospa.co.uk |
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| Lichfield Half MarathonLocal djChoice of pasta dishesMeet other runners caRBO LOAD £5.00 PER TICKET BOOK ON LINE AT [www.gailabbey.com](http://www.gailabbey.com) or from the bAR 7PM TILL lATE |
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