

RUN for HEROES – July News

Letter

Hi to all of you, and welcome to our first monthly newsletter... We have decided to put this together to keep everyone up to date with everything going on with RUN for HEROES.

In 2010 I put together a 5km fun run in Lydiard Park which raised an estimated £11,000 for Help for Heroes, moving on myself and a group of friends have put together a monthly series of 5km runs supporting not only Help for Heroes but many other veterans' charities including Talking2Minds, Project 65, Veterans in Action and Care for Casualties.

We also put on a 5km dedicated to The Royal British Legion called the Poppy Run which is put on in November.

Due to the high costs of using Lydiard Park we have moved to nearby South Marston supported by venue sponsor 'The Mercure Hotel South Marston'. This new venue sees our Race HQ based at the leisure Club in the hotel and a lovely picturesque 5km route around Nightingale Woods, a lovely flat course very suitable for wheel chair competitors and a great course for a personal best.

Our 5km series is just £5 per entry and each time you enter you will be entered into a free prize draw to win a Jeep Compass worth over £17,000 courtesy of Jeep UK, who are also my personal vehicle sponsor.

Our next 5km runs for the rest of the year are as follows:

- Sunday 31st July (on the day registration before 10am and race starts at 1030am)
- Sunday 28th August (on the day registration before 10am and race starts at 1030am)
- Sunday 25th September (on the day registration before 10am and race starts at 1030am)
- Sunday 30th October (on the day registration before 10am and race starts at 1030am)
- Sunday 27th November (on the day registration before 10am and race starts at 1030am)
- Sunday 18th December (on the day registration before 10am and race starts at 1030am)

To register, either turn up on the day before 10am or email activelifeuk@hotmail.com for a postal registration form, or just register online at www.runnersworld.co.uk

Also:

We are proud to announce our first ever Ultra Race, the Snowdonia 24hr Mountain Challenge, a 24hr challenging you to run, walk or even crawl up and down Snowdon along the llanberis path as many times as possible in the 24hrs.

This race is on 8th October and is already proving popular being such a unique race. If you would like to enter then please email activelifeuk@hotmail.com for a registration form or register online at www.runnersworld.co.uk

We are also putting together Swindons first ever Ultra Race along the Millenium Trail, we will be looking at a 50km and 100km race.

All entrants and supporters to the Run for Heroes 5km series of races receive a free pass into the spa after the race to soak in the Jacuzzi & swimming pool, or steam away in the steamroom and sauna. So don't forget your swim gear!

The Mercure Hotel also offer a fantastic restaurant to sit, relax and reward yourself with a meal.

Run for Heroes is sponsored by the following:

Jeep – UK Gear – Polaroid Sunglasses – X Bionic – Yum Yum Bars – Andrews Butchers of Highworth – CDA Insurance of Highworth – Hanleys Estate Agents of Highworth - ISO2 Nutrition - Revolution Sports Therapy

If you are a business or know a business that would like to sponsor Run for Heroes them please get in touch by emailing activelifeuk@hotmail.com