



## PRESS RELEASE

### Annual Charity Fun Run 2019

Many local residents came along to the Roding Valley Recreation Ground on **Sunday 12 May** to support our 10<sup>th</sup> Annual Charity Fun Run. This year we were supporting St Clare Hospice.

The 4km course on mostly level ground was easy to run or walk and some even jogged pushing their children in a buggy.

The run started with a 10 minute warm-up session provided by "Snap Fitness 24-7" Debden, to whom we give thanks for their support. Participants and spectators bought refreshments from the stall run by Restore Church, lots of homemade cake was consumed!

All entrants completing the route were presented with a medal at the finishing line by the Town Mayor – Cllr Stephen Murray and Deputy Town Mayor – Cllr Stella Murphy.

All profits from the run went to support the important work of St Clare Hospice.



#### **Note to editor:**

St Clare Hospice is a local charity and each year they care for hundreds of people across West Essex and the East Hertfordshire border. They provide free, compassionate care and support to adults with life-limiting illnesses, their families and carers.

#### **For more information contact**

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**Date: 16 May 2019**