



PRESS RELEASE

Annual Charity Fun Run 2017

We're hoping lots of local residents will come along to the Roding Valley Recreation Ground on Sunday 14 May to support our 8th annual charity fun run. The run starts at 10.30am from the tennis courts at the end of Roding Road with a 10-minute warm-up session provided for participants prior to the klaxon.

Unlike the grueling 26 miles of the London Marathon that took place recently; our course is under 3 miles, on mostly level ground, so suitable for all ages and abilities including those with pushchairs or buggies. Well behaved dogs are welcome too as long as they're kept on a lead.

This is not a race, as all entrants completing the route will receive a medal presented at the finishing line by the town mayor. Participants are encouraged to go at their own speed.

This year we are supporting two local charities; Essex Air Ambulance, a lifesaving charity who provides helicopter emergency medical services to the county of Essex and surrounding areas if required, and the Samaritans, a charity whereby people can talk anytime they like, in their own way about whatever's getting to them.

You can register in advance by contacting the council on 020 8508 4200 or downloading the form from the council's website, www.loughton-tc.gov.uk or just turn up on the day itself to register from 9.30am. This year's entry fees are just £5 for children and students and £10 for adults, and there's also a £20 family entry (1 adult and more than 2 children). All profits will be going to support the Essex Air Ambulance and the Samaritans.

Note to editor:

For more information contact

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SAMARITANS