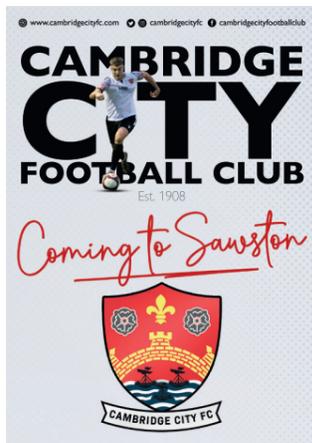


The event is dependent on the support of the sponsors identified earlier and also other businesses who kindly donate funds; please support them all.



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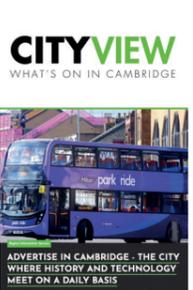
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Event Sponsors



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SAWSTON FUN RUN & WALK



SUNDAY 7TH MAY 2023



Arthur Rank Hospice Charity

In aid of Arthur Rank Hospice Charity and Cambridge Cancer Help Centre and other local charities and organisations



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BENEFICIARIES OF THE 2023 SAWSTON FUN RUN & WALK

The two major charities to benefit from the 2023 Sawston Fun Run and Walk will be the Arthur Rank Hospice Charity and Cambridge Cancer Help Centre.



Arthur Rank Hospice Charity supports people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end-of-life care. Its 'Outstanding' services are provided free of charge to patients and their families.

Donna Talbot, Communications and Income Generation Director has said 'The Sawston Fun Run creates special memories for all those taking part and the funds raised will enable us to keep making every moment count for those we care for and support. Funds from this year's Fun Run will enable us to purchase 22 Smart televisions with Internet connectivity and built-in Apps that provide access to streaming and other online services. Your support and generosity will enable our patients to feel socially connected and for us to continue to make every moment count.'

www.arhc.org.uk

In addition, this year's funds will also go to support the following groups and charities in Sawston and the surrounding villages:

- Camms Meals on Wheels,
- Active With Parkinson's Cambs Group,
- The DX Club (Duxford After School Club),
- Icknield Primary School PTA,
- Anglian Leisure Sawston,
- Whittlesford Over 80's Pilates Group,
- Sawston Air Cadets and dictionaries for students at our local Primary Schools.

The success of the Fun Run over the years is due to the many people in the community who have been prepared to help. If you feel able to support the 2023 event, please let us know by emailing: sawstonfunrun@gmail.com



The Cambridge Cancer Help Centre (CCHC) offers free support to local people facing a cancer diagnosis at their purpose built centre at the Scotsdales Garden Centre. A warm welcome awaits anyone in need of the service whether it is for information and support, for a therapy, or to enjoy social activities with others going through a similar journey. It offers counselling, self-help courses and a wide range of complementary therapies such as reflexology, massage, yoga and acupuncture. Specialist groups for breast, ovarian, lymphoma and prostate cancer meet regularly providing information, peer support and friendship. It is a safe place and a relaxing environment where tears often turn to smiles and where many long lasting friendships are forged.

Trustee Chair, Ted Sage has said "We are delighted to be involved with the Sawston Fun Run this year and thank all the runners for participating in this ever popular event that does so much to help local charities. Your support will make a huge difference to the quality of life of our local communities. Thank you!"

www.cambridgecancerhelp.org

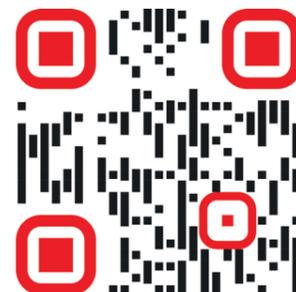


EVENT SPONSORS

The main sponsors of the Sawston Fun Run & Walk this year will be Boswells, the local Family Bakery and Mica Hardware, Sawston. 'We are exceptionally pleased that these two local businesses who recognise how much the community value this event have once again agreed to be our main sponsors' said Sawston Fun Run Co-ordinator, Gerry Holloway.

HOW TO REGISTER

Enter online via the website: www.sawstonfunrun.org, closing date Sunday 7th May 10am. Entry fees will be £14 for adults and £6 for children in School Years 1 to 11.

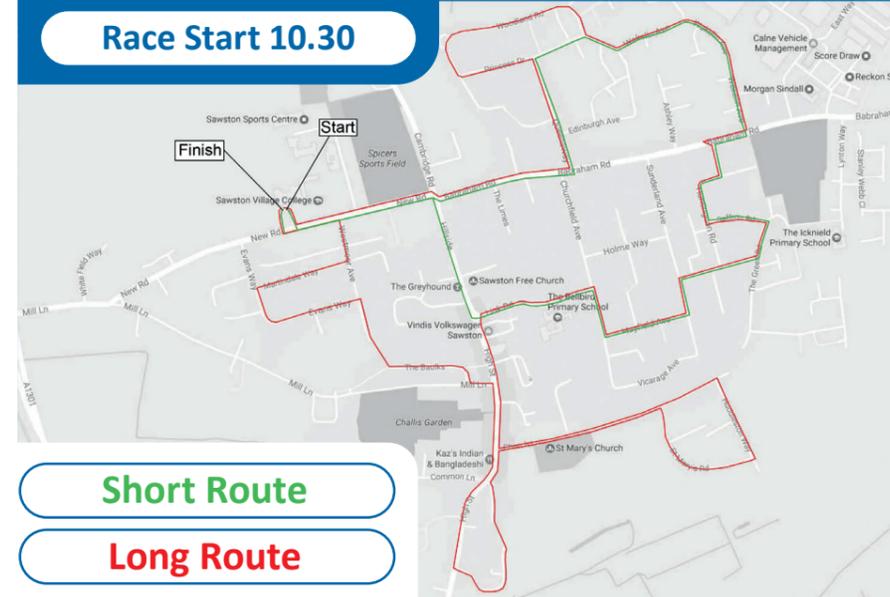


ON THE DAY - USEFUL REMINDERS

Short and long route maps

The competitive course for adults and secondary school pupils is the traditional long route of 7.4Km (4.6 miles). The short route of 3.8Km (2.4 miles) is the competitive route for younger children. Anyone however, whether they are parents, fancy dress entrants, or walkers, can enter for the short route. Trophies will be awarded to the first three home in each category. Medals and certificates will be given to all participants at the finishing point.

Race Start 10.30



Short Route

Long Route

Timetable for May 7th

Car parking opens	8.45am
Car park access closes	9.45am
Fancy Dress competition	9.50am
Roads into Sawston closed	10.00am
Online registration closes	10.00am
Start of race	10.30am
Start of walk/short route	10.35am
Presentation of trophies approx	11.50am
Roads re-opened	12.00am
Event closes	12.15pm

Roads and Safety

Notices to entrants and residents: The four access roads into Sawston will be subject to official 'road closure orders' from 10.00am to 12.00am. Great care should be exercised everywhere and Sawston residents, on the race route, are asked to restrict their use of cars and to keep the streets free from parked cars for that period please.

Something for the whole family
As usual there will be a number of on the day attractions at the event including face painting and tombola stalls, hot and cold refreshments and a cake stall. A fire engine will be at the college and the Sawston Youth Group Band and SVC Samba Group will also provide entertainment in the village, so why not come in Fancy Dress and join in all the fun.

Aerobics warm-up by local fitness instructor Marlene Sharpe-Westwood

Marlene's mass 'warm-up' has become a feature with hundreds doing aerobics to her music, which is all part of the fun of this annual flagship event.

Sports masseurs on hand
Sports masseurs will be available prior to the start for loosening up and after the race specialists will be on hand to provide a rub down massage.

Bottles of water for entrants
Water stations will be provided at various points round the course and bottles of Still Spring Water will also be given out to all entrants at the finish.

Star Radio
The event's media partner says: 'We're really pleased to be supporting this fantastic event and look forward to speaking with runners and walkers on the day. Listen to Star Radio on 100.7 FM, DAB and at star.radio.'



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