

Run4fun Press Release

RUN4FUN JOINS OLDHAM 10K ROAD RACE

The annual Run4Fun has teamed up with Oldham's first 10K Road Race this year with runners setting off from Oldham High Street in the town centre on Sunday 23 June at 9.30am. The event starts at 9am and is hosted by not for profit community enterprise, Sport4Life (www.mysportforlife.co.uk) and Oldham Community Leisure (www.oclactive.co.uk), and sponsored by Community 1st Oldham (www.community1stoldham.co.uk).

The Oldham 10K racers will set off at 9.30am with the fun runners setting off straight after. The fun run is free to enter and open to all ages and abilities to run, jog, walk, wheelchair, or pram-push the 1 kilometre course around the town centre. There will be plenty of family fun activities available on the day, including:

- Oldham Athletic and Chaddy the Owl
- Blue Crew Street Cheer - a fusion of cheerleading and hip hop
- Oldham Community Leisure's climbing tower
- Live music from Mahdlo Youth Zone

Alan Keane, Senior Health & Physical Activity Development Officer at Oldham Community Leisure, said: "

This is the 5th Run4Fun and every year it gets bigger and better. Its great to be able to organise such a fun-filled day and getting people of all abilities out in the fresh air and exercising together as a family - the atmosphere is always fantastic. There are people of all shapes and sizes, from pensioners to toddlers, and everyone finishes with a smile on their face. Exercising regularly is something we all know we should do more of, and we will always look to support these kinds of events that help get people motivated".

Neil Charlesworth, Director of Community 1st Oldham said:

"Community 1st Oldham is proud to support this event. We are dedicated to delivering modern health and community facilities in the Oldham area which really meet the needs of the communities in which they are located, and by working on the Run4Fun activities we hope to deliver events that will bring communities together to have fun and get fit."

For further information on the event, or to obtain an entry form,

visit <http://www.mysport4life.co.uk>

email info@ocll.co.uk

or call 0161 207 7000.

