



Sainsbury's Sport Relief 2010: Rise to the Challenge

Sport Relief is back- and it's coming to Guildford! The Sainsbury's Sport Relief Mile 2010 is taking place on Sunday 21st March and will be held at the University of Surrey in Guildford, between 10:30am and 2:30pm. Once again the Mile is being brought to you by the University of Surrey Students' Union.

Hundreds of thousands of people across the country will rise to the challenge on March 21st, taking part in one of the many 1, 3 or 6 mile events around the UK. People of all ages and abilities can take part from young children to the elderly, first time runners and walkers to experienced marathon runners and athletes! But one thing that everyone has in common is that we are all raising millions of pounds to help poor and vulnerable people in the UK and across the world.

This year's event in Guildford is set to be bigger and better than ever! In 2008 the Guildford Mile was recognised as the largest locally run Mile in the UK, raising over £44,000 thanks to the 1600 participants! This time our targets are higher and our dreams bigger so help us keep the title of being the best and be proud to be part of a community raising significant amounts of money for a fantastic charity.

If running and walking isn't really your cup of tea then you can still get involved. We are holding a family fun fête alongside the main event, with a range of games, tombolas and raffles for people to try their luck with. Who knows- maybe you won't walk away empty handed!

For more information and to sign-up to take part visit www.sportrelief.com or send an email to ussu.sportrelief@surrey.ac.uk. Entry fees are £5 for adults, £2 for children and £12 for families (2 adults and 2 children). But don't forget to raise plenty of sponsorship money to raise money for those who really need our support.