



People of Warwick and Leamington Spa, Kenilworth and surrounding areas to walk and run themselves proud for Sport Relief

The Sainsbury's Sport Relief Mile is back and it's coming to St Nicholas Park in Warwick. Local running club Regency Runners is privileged to be hosting the Sainsbury's Sport Relief Mile on Sunday 20th March, and needs local people to come together and make themselves proud by entering now at www.sportrelief.com.

The colourful, cheerful and eager Milers will be doing their bit to make a difference to people living across the UK and the world's poorest communities.

Setting off near the leisure centre in St Nicholas Park, the Warwick Mile will take participants round the park and along the river while taking in the sights of Warwick Castle. Participants are invited to join in either a 1 mile, 3 mile or 6 mile option. To book your place visit www.sportrelief.com now and pay your entry fee of £7 for adults , £3 for children or £17 for a family.

Regency Runners said: "The Sainsbury's Sport Relief Mile in Warwick is here and it's your time to walk or run yourself proud. From little ones with their mums and dads, to runners up against the clock there's something for everyone to make themselves feel proud on this special day."

FURTHER INFORMATION ABOUT WARWICK EVENT:

Get into the spirit of the Mile and come in fancy dress. Registration is at 9am with the runs beginning at 10am near the leisure centre in St Nicholas Park Warwick. The event will begin



with a fun mass participation warm-up and music will be played throughout the event. Water will be given out. Reward all your hard work afterwards by buying a delicious treat at the on-site cake stall. There is parking in St Nicholas Park car park and more pay and display car parks are available in Warwick town centre.

FOR FURTHER INFORMATION PLEASE CONTACT:

www.regencyrunners.co.uk or email regencyrunners@googlemail.com

About Sport Relief

Sport Relief brings the entire nation together to get active, raise cash and change lives. The money raised by the public is spent by Comic Relief to help people living incredibly tough lives, across the UK and the world's poorest communities. It all leads up to the Sport Relief weekend and a fantastic night of TV on the BBC.

Sport Relief 2016 will take place from Friday 18th to Sunday 20th March 2016. You can run, swim, cycle or even walk yourself proud at events across the country. There's a distance for everyone, whether you're sporty or not. Find out more at www.sportrelief.com

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