

## **Press Release**

26<sup>th</sup> May 2009

### **First Ever Fun Run To Be Held In The Ashdown Forest**

For the first time ever permission has been given by the Ashdown Forest Conservators for a fun run through the Ashdown Forest. The Ashdown Weekend Fun Run will take place on Saturday 6<sup>th</sup> June and is set to raise money for St Peter & St James Hospice in North Chailey.

Organiser Neville Goldwyn said: "We believe that this is the first Fun Run that has been held in the beautiful Ashdown Forest and we want to set a precedent, so that this event may be incorporated into future Ashdown Weekends. It will be a 5km run, with a maximum of 150 runners. Competitors must be at least 16 years old on the date of the run."

The run has been organised in association with the Mid Sussex Triathlon Club and is sponsored by the Ashdown Park Hotel. Prizes have been donated by Wych Cross Garden Centre, The Coach and Horses Pub and the Llama Park.

The entry fee is £5 with an additional voluntary donation to St Peter & St James Hospice. The Fun Run will start promptly at 10.30am from Chelwood Gate Village Hall. There will also be refreshments for sale provided by the Danehill School PTA and local producers will be selling burgers, sausages and ice cream. Spectators are very welcome.

Anyone interested in taking part can find further details and an entry form at [www.ashdown-weekend.com](http://www.ashdown-weekend.com).

- ENDS -

**For further information:** Karen Lambert or Gill Cronin on 01444 471598

#### **Notes to Editors: About St Peter & St James Hospice & Continuing Care Centre**

Our mission as a registered charity is to provide specialist care, love and support for those living with progressive, life limiting illnesses from East and West Sussex. We will endeavour to meet the needs of each patient, their family and friends. We aim to encourage and enable all patients to live their lives to their full potential despite their illnesses.

We care for patients from Burgess Hill, Haywards Heath, Lewes, Uckfield and the surrounding villages. Last year we provided care for more than 400 patients and their families. All of our Hospice services are free of charge and we receive just 15% of our funding from the Government. This means we have to raise more than £1.3 million every year through fundraising. That's £3,600 every single day.

**Website:** [www.stpeter-stjames.org.uk](http://www.stpeter-stjames.org.uk)

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