Brough Park Couch to 5K and Sport Relief 2018

As we said earlier, we were hoping that some of our members would support Sport Relief 2018 by getting sponsored for their efforts on Saturday the 17th March.

However, as you know, we had to cancel the event and therefore you may have missed that opportunity.

We don’t see any reason why any fundraising through taking part in a Couch to 5K event this weekend couldn’t proceed; or for the adults getting sponsored for completing this weekend’s 10K.

To aid anyone in this matter we still have a number of duplicated sponsor forms available for distribution or accessible through our Facebook or website.

In addition, official Sport Relief merchandise, such as T shirts, wrist bands, badges, socks and water bottles, and many other items, can be purchased from Sainsbury’s.

Therefore, if you are all out of sponsorship ideas pop along to their store and purchase an item or two.

An app can be downloaded from their web-site to any smart phone to track your steps which can then be uploaded to add to the task of an accumulated 1 billion steps.

See the next post or web page to see how you can sponsor Steve or Brian.

All the best from BPRC