Brough Park Couch to 5K and Sport Relief 2018

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

The exact mode of sponsorship is of your own choosing; however, we will be in full support as your friends and family will be.

To aid anyone in this matter we will have a number of duplicated sponsor forms available for collection at the finish line tomorrow; anyone who can’t make it can request one 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. (A mother’s day present?)

An app can be downloaded to any smart phone to track your steps form the 17th to the 23rd March. Get all the family involved and challenge mum and dad, or they challenge you, to see who is the most active over the week.

All the best from BPRC