

Runners get ready to Run 4 Cancer in the London Santa Run!

Submitted by: Run 4 Cancer

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On Sunday the 8th of December 2013, runners from all over the South of England will put on their Santa Suits and run around London to raise funds for Run 4 Cancer.

Run 4 Cancer, pronounced run for cancer (<http://www.run4cancer.org>), was set up by a group of running enthusiasts who have all lost a close friend or relative to cancer. Run entirely on a voluntary basis, Run 4 Cancer raises funds by taking part in running challenges all over Europe. The funds raised are used to provide days out for families living with cancer and to make grants to palliative care centres. The charity also supports research into the positive effects of exercise on health.

This year's Santa Run (<http://www.run4cancer.org/santa-run-london>) takes place in Victoria Park which is London's oldest public park. Opened to the public in 1845, Victoria Park was voted the nation's favourite park in 2013!

For this year's Santa Run, both a 5Km and a 10Km course will be available. Open to all runners aged eight and above, the course is also suitable for wheelchair users. Over 3,000 Santas are expected to take part!

For the £22 entry fee, Run 4 Cancer supporters receive a Santa Suit comprising hat, jacket, trousers, belt and beard. Runners are able to keep the Santa Suits after the race. Water stations and a finisher's medal are also included.

To take part, runners are asked to raise a minimum sponsorship fund of £100. Once registered, each runner will be sent a link to their own secure fundraising page on <http://www.run4cancer.org>

Commenting on the event, Run 4 Cancer Chairman Stu Bowker said "This year, I'll be running for my girlfriend's uncle who lost his battle with cancer last year. Running 10K in a Santa Suit is actually quite a challenge but I am really looking forward to it. The Santa Run is a great way to keep active in the winter months and it's always bags of fun! We'll also be helping British families living with cancer at the same time."

If you would like to Run 4 Cancer on Sunday the 8th of December 2013, please visit <http://www.run4cancer.org/santa-run-london>

-Ends-

About Run 4 Cancer

Set up by a group of keen runners who had all lost a close friend or relative to cancer, Run 4 Cancer is primarily a provider of respite days and holidays for British families affected by cancer. The charity also makes grants to cancer care centres and funds research into the positive effects of exercise (e.g. running) and how it can help prevent cancer and aid recovery post diagnosis. A standalone Division of the 4 Cancer Group, Run 4 Cancer is run by a dedicated team of runners from its offices in Newbury.

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