Run for fun and to support Hope Spring at Queenswood

Wednesday 19 September, 2018

With the kids back at school it can be difficult to maintain your family's activity levels. The Hope Spring Fun Run at Queenswood will provide the perfect opportunity to be active. Maybe you're a regular runner or you have just started 'couch to 5k'? Maybe you simply fancy a walk among the beautiful autumn colours at Queenswood... all are welcome!

Kerry ran the course last year with his family and is registered for the event on Sunday 14th October. "It was a nice event to get the whole family involved as I am often running races or training and they can't come with me" Kerry told Hope Spring. "My three youngest children enjoyed getting a medal and were all really proud," he added. "I think it's fabulous that an event has been set up to include all family members, it can really help to make exercise fun for the little ones."

The 5k course has been specially devised at the Queenswood Arboretum, Herefordshire's only country park. The course is on fairly level paths through the awe-inspiring woodland and has been updated from last year.

As well as being lots of fun, the event aims to raise funds for Hope Spring Water, a local charity that brings clean water to developing communities in Nigeria and across West Africa. Temi Odurinde, a Hope Spring trustee reports “the funds we raised at our Fun Run last year transformed the lives of over 100 women and children.”

So put it in your diary - a chance to improve your family's health, and the health of people without access to safe water. For more details and to register, please visit Hope Spring's website or facebook. The Fun Run is part of a day of events at Queenswood, part of h.Energy sustainability festival.

For more details please contact 01981 541339 or events@hopespring.org.uk

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