

Thursday 19 January 2012



Start limbering up!

Sport Relief is back and it's coming to Diss

The Sainsbury's Sport Relief Mile is back – and it's coming to Diss! The town is set to host its first ever Sainsbury's Sport Relief Mile on Sunday 25th March, and needs local people to come together and show their support by entering now at www.sportrelief.com. As one of the UK's biggest fundraising events, Sport Relief brings the entire nation together to get active, raise cash and change lives – so it's time to dust off those trainers and enter right now.

Registration will take place at the Pavilion next to the Mere. Setting off from the Mere Mouth, 'The Mere Mile' will be a two lap course around the town centre and is set to be an incredible event. Further information about the course can be found at www.dissathleticsclub.co.uk. Entrants don't have to be sporty to take part, but can choose to complete 1, 3 or 6 miles knowing that all the money raised will help to change the lives of people living unimaginably tough lives right here on our doorstep, across the rest of the UK and in some the world's poorest countries.

Richard Houston from Diss & District Athletics Club who is organising the event said: "The Sainsbury's Sport Relief Mile in Diss is here and it's your time to shine. From teeny-tots with their mums and dads, to super sprinters up against the clock there's something for everyone on the big day. This is the first Sainsbury's Sport Relief Mile in Diss and it's set to be a great event. So come on, pull your Sport Relief socks up, enter the Mile and do something amazing!"

For more information contact:

Richard Houston at Diss & District Athletics Club by emailing: raceinfodissathleticsclub@gmail.com

About Sport Relief

As the nation celebrates the biggest ever year of sport, the entire country can join in the fun with Sport Relief 2012 from Friday 23rd to Sunday 25th March.

Over one million men, women and kids are expected to take part in the Sainsbury's Sport Relief Mile as they raise cash to change lives at home and across the world's poorest countries. And, with a whole weekend of top Sport Relief telly planned across the BBC, it's all set to be huge.

From David Walliams' Thames swim to Eddie Izzard's 43 marathons in 51 days, Sport Relief has a unique history of brave celebrities taking on gruelling physical challenges to raise cash and change lives. Sport Relief 2012 will be no exception with The BT Sport Relief challenges, a series of celebrity endurance feats.

Visit sportrelief.com to keep up with the latest news.

Sport Relief is an initiative of Comic Relief, registered charity 326568 (England/Wales); SC039730 (Scotland).

About Sainsbury's

Sainsbury's has over 950 stores nationwide and is the UK's longest standing major food retailing chain, having opened its first store in 1869. Sainsbury's has supported Comic Relief since 1999 and has raised nearly £60 million for the charity to date. In 2011, Sainsbury's handed over a cheque for more than £10 million, which was the biggest donation ever received on the night of Red Nose Day. Sainsbury's final donation to Comic Relief this year was a massive £11.4 million. For more information see www.sainsburys.co.uk/sportrelief.