



Calling all runners!

Sunday 14th May 2017 is the Prestwood 10k, 5k and Children's Fun Run. The fun runs will take place alongside the current Prestwood 10K which has been running successfully for the past 13 years. The 10k starts at 10.30am, 5k at 10.45 and the children's races at Midday with registration and number pick up from 9am at Sprinters Leisure Centre Prestwood. There will be an interschool Trophy for the school that has the most entrants which we will present this to the school the week after the event. All children who take part will receive a special medal on the day and we will also be presenting the children with personalised certificates for their fundraising efforts if they raise £10 or more.

The certificates will be awarded as follows -

Bronze- £10 or more

Silver- £20 or more

Gold- £50 or more

The certificates will be given out at school a few weeks after the event.

All proceeds from the races go to the Chilterns MS Centre which welcomes 370 people with multiple sclerosis (MS) every week who benefit from the treatments we offer. It costs approximately £35 for the Centre to provide an hour's treatment having, for example, physiotherapy, oxygen therapy or acupuncture and this year we need to raise £1 million to keep the centre going.

We make no charge for our treatments, therapies and services but ask that people make a donation when they can afford to do so. Because the NHS provides no long-term treatment for people with MS, the Chilterns MS Centre provides a lifeline.

If you would like more details of how to enter and for sponsorship details please go to www.chilternsmcentre.org

We are only able to meet the MS community's needs because our community is helping us to raise vital funds. Many Thanks in advance for your support.

Best Wishes

Sharon Deacon

Community Fundraiser

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