

Blazing a trail

» Running



Whatever your fitness level, you're encouraged sign up to join the annual Charterhouse Club Trail Run on October 18th

This year individuals and running groups are sought to step up to tackle the 1k fun run, 5k, 10k or 15k options. Longer distances are an opportunity for runners to enjoy the challenging woodland trails around Charterhouse School. Participants registering for the chip-timed 5k, 10k or 15k by 20th September receive an earlybird discount.

The call for charity runners follows the success of this year's Godalming Run which raised more than £2,000 for Sport Godalming. Race directors at Charterhouse Club are keen to build on the success of the summer event. There is no obligation to raise sponsorship and runners can support a charity of their own choice.

Paul Featherstone of JH Joggers, who recently helped to raise more than £3,900 by running for charity, said: "The Trail Run provides a great opportunity for people to get together and raise funds for causes close to their hearts. I took part in the Godalming Run with a group of friends and we raised more than £3,900 for the Helen Rollason

Heal Cancer Charity. We all took part in memory of our dear friend John Haffenden, whom we lost to cancer, and our aim was to secure £1,000 in sponsorship, so we are delighted that we raised such a substantial amount.

"Most of our team were not experienced runners and for half of us the run was our first ever competitive event. Our friends knew it was going to be physically testing, which I am sure contributed to their generosity – as did their recognition of the great work that Helen Rollason and other cancer charities deliver. I hope others will go on to raise funds by taking part in this year's Trail Run."

All runners will set off from outside of the club, with the Fun Run starting at 10am. The 5k, 10k and 15k runs will begin at 10.30am. Advance entries close on Friday 9th October, but on the day registration will be available.

● Visit www.charterhouseclub.co.uk or call **01483 239600** and good luck all you runners!



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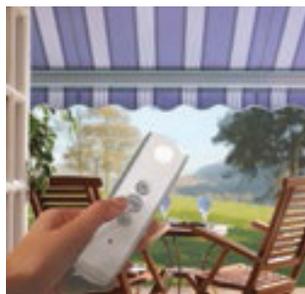
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