

SIGN UP TO RAISE MONEY FOR CHARITY AND GET FIT

Members of a gym in Dovercourt are getting ready to complete 100km next month in a bid to raise thousands of pounds for Breakthrough Breast Cancer.

Fundraisers at Lifestyles will be taking to the treadmill, cycle or rowing machine to personally cover the distance during the 31 days of May.

Members at the gym – which is based at the Tendring District Council-run Dovercourt Swimming Pool – have taken part in a number of sponsored events over the years for a variety of charities.

Martin Webb, TDC's Pools' Manager, said that he expected this latest effort would be just as successful as the others.

"Those taking part have the incentive to get fit while raising money for a very worthwhile cause at the same time," he said.

"It's an exciting challenge to complete 100km and I am sure they we will achieve it. The event is open to all Lifestyles members – they will keep their own records on each visit and they will be verified by staff."

The top four fundraisers will all receive a prize of a goody bag from event sponsor Technogym which supplies fitness equipment to both Dovercourt Swimming Pool and Clacton Leisure Centre.

Anyone who wants further information on the event should contact Marcus or Julia at Dovercourt Swimming Pool on 01255 508266.

17/4/09

NEWSDESKS

For further information on this press release contact Nigel Brown, Tendring District Council's Communications Manager on 01255 686338.

The attached photo is of Lifestyle member Charlotte Hawken getting in some practice for the sponsored 100km event.