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Sent: 02 December 2013 16:40

Subject: Great Run - Local

Importance: High

Good afternoon,

Following a meeting this afternoon with Suffolk County Council, I'm pleased to confirm that Suffolk has been chosen as an area for the 'Great Run Local' initiative - devised by the people behind the Great Run & Great Swim events (Nova International).

Similar to 'Park Run', GRL is a weekly timed run which takes place off-road and is led by volunteers. Distances can range from 2-5k and anyone can come along and participate. The runs take place every week at the same day and time (to be determined by the venue) and the objective is to create a fun and sociable environment to run in. Each run requires an activator and a co-ordinator, in addition to a small group of volunteers.

We are looking for up to six pilot villages across Suffolk to run a 6-week project. It will be free to participate and the support per-venue will include:

- **Event Delivery Training**
- **First Aid Training (Red Cross)**
- **Equipment: phones, participant wrist bands, signage, marshal bibs, first aid kit etc**
- **Marketing material: posters and banners**
- **Rewards for runners and volunteers**
- **Course planning and measurement**
- **Insurance**
- **Web/text services to all participants**

If you would like to learn more / think you have a venue that could accommodate a GRL, I'd love to hear from you. I'd also be more than happy to explain the initiative in more detail if people have any questions.

Best wishes

Henry

- Please note that I will be leaving Suffolk Sport on December 20 -

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