

## **Ready, steady, go for Carnival fun runs**

Runners of all ages and abilities are invited to dig out their trainers and come along and take part in this year's Ambergate Fun Runs and Family Sports Day.

The events are being held on Sunday 4 July to mark the beginning of Ambergate Carnival Week.

The 'Up and Down' race takes runners up into Shining Cliff Woods and back again, while the 'Round and Round' race, for the very young and less fit, takes a flatter and altogether less demanding route. Both races start from The Hurt Arms pub on the A6 in Ambergate at 1pm.

Kate Pierce, Chair of the Ambergate Carnival Committee, said: "The Up and Down has always been popular over the years, with fierce competition for the honour of being first to cross the finishing line. Unfortunately the bad weather in recent summers has reduced the enthusiasm and number of entries, and the future of the run is under threat. This will be the 20th year we've held the Up and Down, and it would be such a shame if it were the last. We hope lots of people will come along and support the fun runs and help keep this long-standing Ambergate tradition alive!"

After the medal presentations and lunch - hot food will be provided on site, or bring a picnic - the Family Sports Day begins at 2pm, with a host of school sports activities and races for both kids and big kids alike!

And for those who prefer to spend their afternoon at a more leisurely pace, why not come along to the Carnival Dog Show, a fun event for dogs and their owners to show off their canine talents! The Show begins at 2pm; for more information contact Claire on 01773 856950.

Marshalls are vital to the success of the fun runs and Sports Day, and more volunteers to help at the events are always needed. If you can help, or would like to find out more about the day's events, please ring 01773 856785.

**Ends.**

For more information regarding this news release contact Lisa Leach, Ambergate Carnival Committee, on 01773 856719.

For more information about all the events taking place during Carnival week, log on to the Ambergate Carnival website [www.ambergatecarnival.org.uk](http://www.ambergatecarnival.org.uk)