

Mental Elf

5k Fun Run

When: Sunday 5th December. Register from 10.30am. Race starts at 12pm.

Who: Everyone is welcome to join us in this challenge and it's open to all ages. Children under 16 should be accompanied by an adult.

How: Walk or run the 5k fun run walk. Dog walkers are welcome.

Where: Witton Park in Blackburn

Why: This event has a wonderful festive, fun and welcoming atmosphere and it's a great way to raise funds and awareness with others.

Participants will receive:

- A Medal Elf 2021 medal
- E-copy participant pack including your challenge and fundraising tips and ideas.
- Access to the festive marketplace
- the opportunity to enjoy live music on the day
- Entry to a closed facebook community group with others taking part in the event.

