

## **NEWS RELEASE**

31 August 2010

### **FOX AND RABBIT KICK OFF THE NATIONAL FOREST FUN RUN**

Gabriel Fox and Moira Rabbit, the Forest Dwellers from Conkers, will be on the starting line for the National Forest Family Fun Run on Sunday September 19.

This 1-mile race is open to children aged from 4 to 14 years old and will take place at 9:30am before the first ever National Forest 10K sets off from Conkers.

Conkers Manager, Chris Sturdy, said: 'All children love the Forest Dwellers and this will definitely add to the fun for them. And all children who enter the fun run will get free entry to Conkers for the day, provided they are with a full-paying adult.'

'Families will be able to enjoy hundreds of indoor interactive exhibits and all of the great outdoor attractions we have, including an assault course, ranger activities, adventure playground, barefoot walk, interactive floor, sculpture, woodland, nature trails, lakes and the Conkerchoo train ride.'

The event is being organised by members of the local running clubs Ivanhoe Runners, South Derbyshire Road Runners and Hermitage Harriers, in partnership with National Forest Company, South Derbyshire District Council, North West Leicestershire District Council and Conkers.

The National Forest 10K will start at 10:15am. The 6.21 mile scenic off-road route will take runners along the former railway, the Ashby Wolds Heritage Trail, to the young woodland of Donisthorpe Woodland Park. It will follow part of the Ashby Canal, passing Moira Furnace to join the Conkers Circuit. Cutting through mature and young woodland planted as part of The National Forest, and skirting around Albert Village Lake, the climax will be the fast downhill finish to Conkers Discovery Centre.

Applications forms are available from the National Forest Company website [www.visitnationalforest.co.uk](http://www.visitnationalforest.co.uk) as well as from the running clubs.

- Hermitage Harriers – [www.hermitageharriers.co.uk](http://www.hermitageharriers.co.uk)
- Ivanhoe Runners – [www.ivanhoerunners.co.uk](http://www.ivanhoerunners.co.uk)
- South Derbyshire Road Runners – [www.sdrr.co.uk](http://www.sdrr.co.uk)

These friendly running clubs welcome new members of all abilities. Visit their websites for details on joining.

To find out what other events are taking place the website [www.nationalforest.org/visit](http://www.nationalforest.org/visit) provides a full listing. Or for more information on attractions, activities, events and places to stay in and around The National Forest, the 2010 visitor guides to the Forest and Beyond are bursting with great ideas. These are available from Tourist Information Centres, from the National Forest Company on 01283 551 211 or email [enquiries@nationalforest.org](mailto:enquiries@nationalforest.org).

### **Race Summary**

**Date:** Sunday 19 September.

**Distance and start time:** Family fun run (1 mile) 9:30am, 10K 10:15am

**Entry fees:** 10K £10 (£8 for affiliated members), Fun run £3

**10K Route:** Scenic route in the heart of The National Forest incorporating Ashby Canal, Ashby Woulds Heritage Trail, Conkers Circuit, Donisthorpe Woodland Park and Albert Village Lake.

**Partners:** Ivanhoe Runners, South Derbyshire Road Runners, Hermitage Harriers, South Derbyshire District Council, North West Leicestershire District Council, National Forest Company.