

Showered with Colour Oxford's first Rainbow Run

On **Sunday 8th June**, Oxford's first 'Rainbow Run' will be taking place at University Parks at 10am to raise money for the local children's hospice, Helen and Douglas



House. Taking place in the heart of the dreaming spires of Oxford, this unique fun run is just three kilometres long, so suitable for families and individuals from two to 80 years old. What makes it unique is that you will be showered with powder paint from head to toe; all the colours of a rainbow during the run.

A Day of Colour

The 'Rainbow' Run is an experience that is less about speed and more about enjoying a colourful, fun day with friends, family or work colleagues.

Participants of all different speeds, ages, shapes, fitness levels and sizes can take part. Whether participants are casual Sunday morning walkers or Olympic

athletes, the 'Rainbow Run' course will be the most enjoyable three kilometres travelled in a very long time. With no winners or official times,

the run caters for anyone and everyone.

Give it a Try!

Over 60% of runners in this type of event are first-time runners over this distance. Others participate to honour loved ones who have passed away or are fighting diseases.

Entry fees are just £7.50 for a child under 16 and £12 for an adult. There will also be

an opportunity to raise money for Helen and Douglas House through sponsorship. Places are limited so sign-up for your place today by emailing:

rainbow@helenanddouglas.org.uk or calling: 01865 799150 or visiting their website: www.helenanddouglas.org.uk.

Poppy Hanbury



Wychwood Project Forest Fair

Sunday 7th September 11am to 5pm

Cornbury Park, Charlbury
wychwood@oxfordshire.gov.uk
Tel: 01865 815423