



Newham 10K²⁰¹⁰
classic



A CHILDREN'S charity is asking Londoners to make an extra New Year's resolution this year - and sign up for the Newham Classic 10k run.

Action for Children is the run's official charity this year, and the event is due to take place on Sunday, April 18.

The race was founded by Olympic champion Tessa Sanderson as a way of raising funds for worthy causes.

She said: "I am delighted to be working with Action for Children and chose them as our official race charity for all the valuable work they do with children and young people - not only in London but throughout the UK."

Action for Children works with nearly 156,000 of the UK's most vulnerable children and families at around 420 projects across the country. More than 20 of these are in the Greater London area.

The charity also recently launched a major appeal around child neglect which will see it aim to raise £17million over the next three years to tackle the problem.

The money raised by the Newham Classic 10k will be hugely valuable in reaching this target.

It also offers a support package, including a running T-shirt to wear on the day, weekly training plans with nutritional advice from the experts, a meeting point for the Action for Children team on the day, a fantastic fundraising pack plus a dedicated fundraiser, always on hand to help and advise.

For further information on how to run the Newham Classic 10, in aid of Action for Children, contact Lisa Hemsley on 07525 734105 or e-mail lisa.hemsley@actionforchildren.org.uk