

PRESS RELEASE

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BROMLEY CHARITY SEEKS RUNNERS AND RIDERS FOR LONDON 10K AND RIDELONDON-SURREY 100

A disabled kid's charity is looking for runners and riders to take part in two of London's most iconic sporting events, the **ASICS London 10K** run and the **Prudential RideLondon-Surrey 100** cycle.

Supporter-led challenges are held throughout the year, but this year in an effort to raise even more funds, the Freddie Farmer Foundation has purchased guaranteed running places for the **London 10K** and cycle places for the **RideLondon-Surrey 100**.

Charity Centre Manager Karen Smith said: "We're urging the local community to really get behind the cause and either sign up to run or cycle on our behalf. There's no registration fee to take part but a minimum sponsorship to cover our costs will apply."

The **London 10K** takes place on **Sunday 21st July** and is well known as the world's greatest road race route. Passing along some of London's top landmarks, and past the True Geographical Centre of London, down closed Regent Street, the Strand and Embankment.

Distance: 10 Kilometres

Fundraising pledge: £200

Application deadline: Mon 1st July

The **Prudential RideLondon-Surrey 100** takes place on **Sunday 4th August**. It's a 100-mile closed road circuit through London and Surrey, inspired by the 2012 Olympic Road Race. The route begins in Queen Elizabeth Olympic Park, then winds its way through the capital and into Surrey's stunning country roads, taking in two iconic climbs: Leith and Box Hill, before a triumphant finish on the Mall.

Distance: 100 Miles

Fundraising pledge: £300

Application deadline: Friday 17th May

The events are all in aid of the Freddie Farmer Foundation, which is a registered charity that provides high quality specialised physiotherapy and support services for children with cerebral palsy and mobility problems, as well as providing support for their families and carers. Based in Bromley, they offer support for children not only from London and the South East but across the UK.

It costs £130,000 to run the Freddie Farmer physiotherapy centre each year and they do not receive any funding from the NHS, so rely on therapy fees and fundraising to cover their costs and continue their work.

To find out more and to register your interest, please contact charity centre manager Karen Smith on 020 8313 3707, email karen@freddiefarmerfoundation.org.uk or visit the website www.freddiefarmerfoundation.org.uk.

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NOTES TO EDITORS

For more information, image or interview requests, please contact Carol Ann Walters on 020 8289 0460, 07780 703 600 or email carol@cawpr.co.uk

ABOUT FREDDIE FARMER FOUNDATION

The Freddie Farmer Foundation physiotherapy centre opened in April 2015 to provide intensive physiotherapy programmes for disabled children. The centre is one of a handful of independent UK therapy centres offering specialist equipment and therapeutic exercises, supporting disabled children from all over London and the South-east.

To find out more about Freddie Farmer Foundation, please visit www.freddiefarmerfoundation.org.uk