



PRESS RELEASE

31 January 2017

APPLICATIONS OPEN FOR RUNNING FESTIVAL ON BUCKINGHAMSHIRE CANAL

Following on from the success of last year's running festival along the canal in Buckinghamshire the charity, Canal & River Trust, is calling on local people to pull on their trainers once again and sign up for this year's event.

Taking place on Sunday 10 September, the 'Two Arms on Two Legs' event is being organised by the Canal & River Trust and Aylesbury based running club 'On the Run', with support from Sport England and the players of the People's Postcode Lottery.

It is open to everyone and involves running along the Aylesbury Arm and Wendover Arm of the Grand Union Canal, as part of a half marathon or 10k challenge. A family fun run is also organised for younger runners at Oakfield Park in Aylesbury.

Joe Sammon, Canal & River Trust sports participation manager, said: "Last year we had almost 600 sign up in our first ever running event and we got great feedback from those who took part.

"Whether you're a seasoned pro or have just caught the running bug, this event is aimed at you. With relatively flat towpaths and the region's beautiful countryside to explore there really isn't a better place to enjoy a leisurely jaunt."

Ben Fairhall, who won the 10k race in 2016, said: "I really enjoyed taking part in the first 10k along the canal and would recommend anyone who is looking for a new fitness challenge to sign up. The training was tough but doable and the encouragement from the marshals and the spectators along the way really kept me going. I had a really fun morning."

For more information and to sign up for the event visit www.canalrivertrust.org.uk/two-arms
Early bird discounts of just £10 entry per race apply to anyone who signs up during January and February. Entry fees after this date is £15 per person for the half marathon. For the 10k the entry fee is £13 per person. Age restrictions apply. Discounts are available to those runners affiliated to a running club or who are a members of England Athletics.

ENDS

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Patron: H.R.H. The Prince of Wales. Canal & River Trust is a charitable company limited by guarantee, registered in England and Wales with company number 7807276 and registered charity number 1146792, registered office address: First Floor North, Station House, 500 Elder Gate, Milton Keynes MK9 1BB

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Notes to editors:

The Canal & River Trust is the guardian of 2,000 miles of historic waterways across England and Wales, caring for the nation's third largest collection of listed structures, as well as museums, archives, and hundreds of important wildlife sites.

We believe that *living waterways transform places and enrich lives* and our role is to make sure there is always a place on your doorstep where you can escape the pressures of everyday life, stretch your legs and simply feel closer to nature.

www.canalrivertrust.org.uk @CanalRiverTrust @crtcomms

About Sport England

Sport England is focused on helping people and communities across the country create a sporting habit for life. We will invest over £1 billion of National Lottery and Exchequer funding between 2012 and 2017 in organisations and projects that will:

- Help more people have a sporting habit for life
- Create more opportunities for young people to play sport
- Nurture and develop talent
- Provide the right facilities in the right places
- Support local authorities and unlock local funding
- Ensure real opportunities for communities.

The National Lottery has been changing lives for 20 years. Every week National Lottery players raise over £30 million to help change people's lives across the UK.

About People's Postcode Lottery

- People's Postcode Lottery is a charity lottery. Players play with their postcodes to win cash prizes while raising money for charities and good causes across Great Britain and globally
- People's Postcode Lottery is an External Lottery Manager and manages multiple society lotteries promoted by different causes supporting a range of good causes. For details on which society lottery is running each week, visit www.postcode lottery.co.uk/society
- Postcode Lottery Limited is regulated by the Gambling Commission under certificate nr 829-N-102511-009 and 829-R-102513-008. Registered office: Titchfield House, 69/85 Tabernacle Street, London, EC2A 4RR
- People's Postcode Lottery players support the following Trusts – Postcode African Trust, Postcode Animal Trust, Postcode Care Trust, Postcode Children Trust, Postcode Community Trust, Postcode Culture Trust, Postcode Dream Trust, Postcode Global Trust, Postcode Green Trust, Postcode Heroes Trust, Postcode Planet Trust, People's Postcode Trust and Postcode

Sport Trust. These Trusts are funded entirely by players and support a variety of good causes. For further information on each charity, visit: www.postcodelottery.co.uk/charities

- 50p from every £2 ticket goes to good causes and players have raised £75.6 million for good causes across the country
- There are five draws a month with prizes every day and each ticket costs £2 – paid monthly in advance by direct debit. For further prize information, visit: www.postcodelottery.co.uk/prizes
- Maximum amount a single ticket can win is 10% of the draw revenue to a maximum of £400,000
- Players can sign up by Direct Debit, credit card or PayPal online at www.postcodelottery.co.uk, or by calling 0808 10-9-8-7-6-5.