



## Great Run Local Sunderland

After months of pre-event build up, Sunderland finally joined the Great Run Local family on Sunday 16 October.

With 50 runners taking part in the 5k and 33 runners, including many children and beginner runners, taking on the 2k, a total of 83 runners attended the launch at Mowbray Park and there was plenty of positive feedback!

The **FREE** event takes place **each Sunday in Mowbray Park, starting at 9:30am**. You can walk, jog or run a 2k or 5k route and everyone is welcome!

[Get your FREE wristband](#)

**SUNDAY 7<sup>TH</sup> MAY 2017**



**ENTER NOW ENTER NOW**

2017 Run Sunderland events now open!

The Siglion Sunderland City Half Marathon and 10K will take place on Sunday 7th May 2017 at Keel Square after a successful move into the City centre in 2016.

The Start and Finish will be at Keel Square for a second year, with superb public transport links close by.

Whether you set your sights on a PB, reach your fundraising target, or just take in the atmosphere at this flat and fast Spring Half Marathon & 10K, you will receive a bespoke medal, goody bag and technical t-shirt at the finish.

Why not make the most of the EARLY BIRD OFFER, which will be available until Nov 30th 2016? Entry Prices will rise on December 1st by £3.

[Information and online entry](#)



## Mums on the Move

Meet our fantastic new Volunteer Walk Leader, Felicity Conlon, (second left, purple top) who has been leading a NEW weekly 'Mums on the Move' walk. The walks are FREE and are especially for new mums (and their babies in buggies or slings!) to take their first steps back into exercise following pregnancy and birth. As well as walking, some gentle conditioning exercises are also performed along the routes with the assistance of the buggies and/or babies in their slings.

Felicity's new walk will run every Tuesday at 9.30am from Miss Tina's Coffee Shop in Barmston, Washington, and lasts for 60 minutes. All new mums are welcome to attend, but you must have had your 6-8 week post natal check from your GP/Midwife.

Felicity is a mum of 3, and currently on Maternity Leave with her youngest child Jasper (who also attends the walks!).

"I think its really important for women to get their self-confidence and physical and mental wellbeing back following having a baby. The walks are a great way to start to feel confident to exercise again and maybe even be the stepping stone you need to get you back to your pre-baby sports and physical activity. We have great fun and theres never a dull moment!"

As well as two weekly Mums on the Move walks there are a range of other weekly volunteer led Health Walks and Nordic Walks taking place across the city, suitable from beginners to those more advanced

[Our complete Walking Programme](#)



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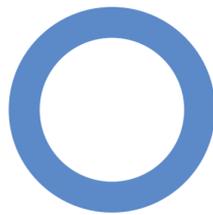
## Our last festivals of 2016

During October half term we delivered our final festivals of 2016 at Seaburn Lesiure Centre.

The event, held across two days, was a huge success and participants were able to take part in lots of FREE activities, including trampolining, golf, table tennis, cheerleading, athletics and football.

If you would like to be kept updated with all of the activities and festivals Active Sunderland is involved in, or to find about other sporting opportunities,

contact us at [active@sunderland.gov.uk](mailto:active@sunderland.gov.uk)



world diabetes day

14 November

### **World Diabetes Day**

The theme of World Diabetes Day 2016 is Eyes on Diabetes. The activities will focus on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.