

Sport Relief 2014: Join in the fun and games



There is just one week to go until the Sainsbury's Sport Relief Mile in Edinburgh on Sunday 23 March 2014. Hundreds of local people of all ages and fitness levels have signed up to run one, three, or six miles, but there's still time to bag a place, don that fancy dress and enter the fun and games!

Organisers, The City of Edinburgh Council, are urging as many people as possible to enter now at sportrelief.com, get sponsored and help transform the lives of people living in Scotland, the rest of the UK and in some of the world's poorest countries, while being part of an incredible nationwide event.

Councillor Steve Cardownie, Festivals and Events Champion, City of Edinburgh Council, said: "The Princes Street Gardens Sports Relief run is a fantastic and fit way to show your support for a worthwhile cause. It's great that so many runners, joggers and walkers from Edinburgh and beyond have already put their names down to take part but there is still time to sign up and raise money for Sport Relief 2014."

It's now over to you Edinburgh to come together on Sunday 23 March and run, jog, walk, skip or hop a mile as part of the Sainsbury's Sport Relief Games. To enter The Edinburgh Mile visit <http://www.sportrelief.com/event-info/enter-now>.



Edinburgh's Dr Andrew Murray, who once ran 2660 miles from John O'Groats to the Sahara desert, and worked as the Scottish Government's first physical activity champion, said: "There is still time to enter the Edinburgh Mile for Sport Relief."

With one, three and six mile routes in the beautiful Princes Street Gardens it is the perfect opportunity for everyone to get active; whether it be walking, jogging or running. The Edinburgh Mile is a fantastic event with loads of entertainment for all the family. Getting active gets the happy hormones going; you'll feel fantastic after it with a great sense of achievement at being part of a huge national fundraising event. Grab the fancy dress, the pram, the scooter and get moving."

It's not just the public who are taking on the fundraising challenge. In February, daring Davina McCall went the extra mile in the BT Sport Relief Challenge: Davina – Beyond Breaking Point. She ran, swam and cycled 500 miles over seven days. Davina braved brutal conditions tackling a punishing 130 mile cycle on day one, swimming the life-threateningly cold Lake Windermere, scaling the colossal Scafell Pike on foot in freezing snow, and then finished with a full marathon into London, all to raise as much cash as possible. So now it's your turn to get sponsored and help transform the lives of people living here in the UK and around the world.

On Friday 21st March the BBC will treat the nation to a special night of Sport Relief TV, with presenters Gary Lineker, Davina McCall, David Walliams, Claudia Winkleman, Jack Whitehall amongst others, hosting a star-studded show full of celebrity performances, comedy sketches, highlights from this year's challenges and films about the incredible work Sport Relief supports. Del Boy and Rodney will be back on TV screens after 10 years with a special Only Fools and Horses Sport Relief sketch, featuring one of the show's biggest fans – David Beckham. Four brave Paralympians will swap their sports kit for sequins and will take on a group dance challenge in a Sport Relief Does Strictly special, with Tess Daly revealing the judges' favourite on the night.