

New Year new 5k challenge

After the success of the Big Fun Run Series last year, the event is set to return to Edinburgh in 2017 and it is promised to be bigger and better than ever!

Taking place on 30 July 2017 the 5K event is aimed at all members of the family with FREE entry for children under 5.



The 18 event-long series begins in Maidstone on 15th July and then makes its way throughout locations in Scotland, the North West, North East, Midlands and South before finishing in London with a Halloween-themed run in Victoria Park on 29th October.

Big Fun Run events are the perfect way for runners to fundraise for a cause they really care about. Last year, over £200,000 was raised for charity and the series is brilliantly supported by hundreds of charities all throughout the UK.

Alec Syphas took part in last year's Southampton event with 'Team Alec Avengers' to raise awareness for Duchenne Muscular Dystrophy

Alec suffers with the muscle wasting condition which currently affects his ability to climb stairs, and running and walking long distances requires a wheelchair. He decided to take part in the Big Fun Run with his mum, Rachel, so he can feel what's it's like to take part in a race and receive a medal.

"Alec is a super hero every day in our eyes" said Rachel. "He lives up to his Superhero Alter Ego every single day; the boy with a huge battle ahead and the biggest smile to do it with."

Big Fun Run Event Director, Neil Kilgour said: "Tens of thousands of people take part in Big Fun Run every year, it attracts people of all shapes, sizes and ages. No event is

timed, it is all about having fun and raising funds for a charity close to your heart.”

“Each run has a friendly atmosphere whilst offering an achievable challenge”.

“It is a great event for all the family and it is not unusual to see grandma, mum and daughter all lining up together at the start line. We also have many people taking part in fancy dress to add to the feel good atmosphere.”

The Big Fun Run promises a fun, relaxed atmosphere and is the perfect challenge to set yourself in 2017. Runners can take advantage of the early bird savings by entering before midnight on Sunday 22nd January, at which point standard entry pricing begins. To find out more about the 2017 Series, visit www.bigfunrun.com.