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Move this Movember with MoRunning!

MoRunning announce 22 MoRuns will take place nationwide across UK and Ireland

MoRunning have announced they will host MoRuns at 22 different locations across the UK and Ireland throughout the month of 'Movember', to help raise awareness of men's health issues and to raise vital funds for the Movember Foundation.

The MoRuns will take place between November 1st and November 30th in locations including; Dublin, Belfast, Edinburgh, Manchester, Bristol and London. For the first time MoRuns, will also take place in Aberdeen, Exeter, Southampton, Ipswich and Whitstable.

MoRunning events are suited to runners of all abilities and of all ages, with a 5k option for the fun runners and a 10k option for those looking for a challenge. There is also a 1.5k Mini Mo run for children aged between 3 and 12 years.

In addition, for the first-time this year, runners can also take part in a "virtual MoRun" with runners encouraged to upload a screenshot of their result onto the website, which means that MoRuns can take place anywhere in the world! There, they will be placed onto the virtual MoRunning leader board and they will receive a medal and headband.

Now in its ninth year, 20,000 male and female runners are expected to take part in the MoRuns taking place up and down the country.

Runners are encouraged to don moustaches and run in fancy dress to raise vital funds for men's health through the Movember Foundation with special "Mo medals" issued for the best dressed MoRunners at each location. The Movember Foundation has one goal: to stop men dying too young. As the only global charity tackling men's health issues year-round, the foundation supports the following causes: prostate cancer, testicular cancer, mental health and suicide prevention. Since 2003, the support of more than 5 million men and women has funded over 1,200 innovative projects across 20 countries. Email info.uk@movember.com or call 0207 952 2060. Registered Charity No.1137948 (England/Wales) SC041981 (Scotland)"

Dave Krangel, Founder of MoRunning, said: "To be a MoRunner means you are part of something bigger than yourself, you're part of a community, a family and a team. We encourage all of our participants to have fun during their run because that's what it's about; dressing up, enjoying yourself and crossing the finishing line with a smile on your face.

He added: "There's also a serious message though, the runs will be great fun for all the family, but we will be raising plenty of money and awareness of men' health issues at the same time."

Runners can either run solo or enter as part of a team. Early bird prices start from £10 for the Mini Mo Run for children; £12 for the virtual MoRun; £16 for the 5k option and £19 for the 10k option.

Early bird tickets are now available via www.mo-running.com.

Please see below for the full list of MoRunning dates and locations:

Saturday 3rd November

The 1.5k, 5k and 10k Aberdeen MoRun Hazelhead Park

<https://www.mo--running.com/aberdeen>

Saturday 3rd November

The 1.5k, 5k and 10k MoRun Leeds Temple Newsam

<https://www.mo--running.com/leeds>

Sunday 4th November

The 1.5k, 5k and 10k MoRun Newcastle Exhibition Park

<https://www.mo--running.com/newcastle>

Sunday 4th November

The 1.5k, 5k and 10k MoRun Perth North Inch

<https://www.mo--running.com/perth>

Saturday 10th November

The 1.5k, 5k and 10k MoRun Edinburgh Holyrood Park

<https://www.mo--running.com/edinburgh>

Saturday 10th November

The 1.5k, 5k and 10k MoRun Cardiff Bute Park

<https://www.mo--running.com/cardiff>

Saturday 10th November

The 1.5k, 5k and 10k MoRun Brighton & Hove Western Lawns

<https://www.mo--running.com/brighton>

Sunday 11th November

The 1.5k, 5k and 10k MoRun Glasgow Glasgow Green

<https://www.mo--running.com/glasgow>

Sunday 11th November

The 1.5k, 5k and 10k MoRun Bristol Ashton Court

<https://www.mo--running.com/bristol>

Sunday 11th November

The 1.5k and 5k MoRun London Battersea Park

<https://www.mo--running.com/battersea--park>

Saturday 17th November

The 1.5k, 5k and 10k MoRun Birmingham Sutton Park

<https://www.mo--running.com/birmingham>

Saturday 17th November

The 1.5k, 5k and 10k MoRun Liverpool Croxteth Park

<https://www.mo--running.com/liverpool>

Saturday 17th November

The 1.5k, 5k and 10k MoRun Exeter River Valley Park

<https://www.mo--running.com/exeter>

Sunday 18th November

The 1.5k, 5k and 10k MoRun Nottingham Wollaton Park

<https://www.mo--running.com/nottingham>

Sunday 18th November

The 1.5k, 5k and 10k MoRun Manchester Heaton Park

<https://www.mo--running.com/manchester>

Sunday 18th November

The 1.5k, 5k and 10k MoRun Southampton Southampton Common
<https://www.mo--running.com/southampton>

Sunday 18th November
The 1.5k, 5k and 10k MoRun Milton Keynes Campbell Park
<https://www.mo--running.com/milton--keynes>

Saturday 24th November
The 1.5k, 5k and 10k MoRun Dublin Phoenix Park
<https://www.mo--running.com/dublin>

Saturday 24th November
The 1.5k, 5k and 10k MoRun Ipswich Chantry Park
<https://www.mo--running.com/ipswich>

Sunday 25th November
The 1.5k, 5k and 10k MoRun Belfast Stormont Park
<https://www.mo--running.com/belfast>

Sunday 25th November
The 1.5k, 5k and 10k MoRun Whitstable Hampton Pier
<https://www.mo--running.com/whitstable>

Sunday 25th November
The 1.5k and 10k MoRun London Greenwich Park
<https://www.mo--running.com/greenwich--london>

For more information please contact:

Dan Apostolos at The PHA Group on 0207 4400 816 / danA@thephagroup.com

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NOTES TO EDITORS :-

About MoRunning

MoRuns are 1.5k, 5k and 10k fun runs that take place in 22 different locations across England, Scotland, Wales and Ireland, hosted by The Fix Events. The Fix Events is one of the leading multisport event management companies in the UK. With over 11 years of experience, they deliver 70+ annual events across the UK and Ireland, including running, triathlons, corporate and charity events. They pride themselves in delivering the very best and most enjoyable sports events they can, aimed at all level of participants and where rules and regulations allow they are inclusive, whether that be of children, buggies or dogs! The Fix Events welcome competitive participants (providing medals, trophies and instant race results), fun runners, fundraisers and those in fancy dress! All participants are cheered on and supported by enthusiastic team members.