

## **2010 Medway Mile – Rochester – Tuesday 27<sup>th</sup> July**

Medway is gearing up to mark the annual countdown to 2012 by staging the fourth annual Medway Mile.

The mile, organised by Medway Council and supported by the Medway Messenger and Medway and Maidstone AC, aims to encourage people of any age and ability to run or walk the mile as part of a commitment to get active. It is also an opportunity to showcase the talent of local athletes and to provide a rare opportunity for club runners to run a competitive mile.

The event takes place on Tuesday, 27 July in Rochester, and entries are still open for the elite race. The route for the mile starts in the shadow of Rochester Cathedral and finishes in the glorious surroundings of the Castle Gardens.

This year's Medway Mile promises to be bigger than ever and for the first time will feature dedicated races for children and adults keen to run the mile for a competitive time. There is also a new mile route for 2010. The elite runners will be at the front of the field for the adult race, which will take place at 7pm. Please note that this is a change to the published program.

The elite club runners will be timed and there are medals available for the top three male and female finishers in the race.

Elite runners are urged to stay on and join friends and family for the mass family run at 7.30pm - the exact time the opening ceremony will begin in the Olympic stadium in two years' time.

The event begins at 5pm when there will be free have-a-go sports activities, a craft workshop to design your own 2012 campaign flag, face painting, inflatables and music from samba drumming group Bloco Fogo.

The children's race will take place in the Castle Gardens at around 6.30pm. A combined elite and adult race will follow at 7pm.

There will then be a mass aerobic warm up at 7.20pm ahead of the mass family run/walk at 7.30pm.

As part of Medway's bid to secure city status in the Queen's Diamond Jubilee year in 2012, this year's Medway Mile festivities will extend later into the evening and feature live music, refreshments and activities to engage the community in the city status campaign. Following the mile, participants are urged to stay on in the castle gardens to enjoy a picnic or food from the refreshments on sale. Live music will be provided by the Kent Youth Jazz Orchestra and there will be a chance to see Medway's new city status film.

The Medway Mile is free to enter. Please register online at [www.medway.gov.uk/london2012](http://www.medway.gov.uk/london2012), and to secure a spot in the elite race please email [2012@medway.gov.uk](mailto:2012@medway.gov.uk) with your 800m, 1500m, 3km or mile track time.