

Make Your Mile Make a Difference

Once you've entered the Sainsbury's Sport Relief Mile, there's just one thing left to do... raise cash to change lives forever.

By getting sponsored to do 1, 3 or 6 miles, you'll make the world of difference to people living unimaginably tough lives – whether they live down the road or across the world's poorest countries.

Best mates, Lesley and Jason, raised a brilliant £121 when they completed the Sainsbury's Sport Relief Mile dressed as a Viking and a lab technician!

Their incredible effort is all it takes to give seven young carers in the UK a much-needed break from their huge responsibilities at home.

Now it's your turn! Enter the Mile today at sportrelief.com and have a great time when you help to change lives.



By getting sponsored you can help many young carers, just like Simeon here, across the UK.

A big thank you goes to our Mile partners:



www.sportrelief.com

The Sainsbury's Sport Relief Mile is heading your way!

Sunday 21st March



Austin, Martin, Matt

The Woking Goldsworth Park Mile

Goldsworth Park

Woking



Enter now at sportrelief.com

The Sainsbury's Sport Relief Mile is Coming To Town...

Sport Relief brings the entire nation together to get active, raise cash and change lives – and by far the best way to take part is to do the Sainsbury's Sport Relief Mile.

With literally tons of Mile events taking place across the entire UK on Sunday 21st March, there's one practically on your doorstep so you won't have to travel far to get in on the action!

Simply enter the Mile now at sportrelief.com – it's the perfect way to spend the day with your family and friends while you help to change lives too.

Go the Distance

When you enter the Sainsbury's Sport Relief Mile, you can choose to do 1, 3 or 6 miles – whichever's a challenge for you.

So, from teeny-tots with their mums and dads, to super sprinters up against the clock, there's something for everyone on the big day.

1 mile is a full-on-fun challenge for everyone who wants to raise cash and have a laugh!

3 miles is the perfect distance for those who want to step it up a notch. Try racing your mates to get the sponsorship cash rolling in.

6 miles is for those who really want to go the distance. You'll feel elated when you cross the finish line and raise tons of cash.

So what are you waiting for? Enter your Mile right now at sportrelief.com



Enter now at:
sportrelief.com