



Media Release

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Start off your Olympic year off with a bang

The launch of this year's Sainsbury's Sport Relief Mile has kicked off Chichester District's Olympic year with a bang today (Thursday 19 January 2012).

The city is hosting its second Sport Relief Mile on Sunday 25 March, and needs local people to show their support by entering now on the Sport Relief website www.sportrelief.com or through the council's website at www.chichester.gov.uk and type in 'Sport Relief 2012'.

"The Sainsbury's Sport Relief Mile is a great reason to dust off your trainers, get active and help change people's lives," says Cllr Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council.

"The Chichester Mile sets off from Graylingwell Park in Chichester, and you have a choice of one, three, or six miles. From families taking a stroll to super sprinters up against the clock, there's something for everyone on the day. In 2010 over 400 people took part, raising money for Comic Relief to help transform lives here in the UK and across the world's poorest countries."

As well as the run, there will be plenty of other activities to take part in on the day at a Community Play Day at Graylingwell Park in Chichester. The event, held as part of Outdoor Play Week which takes place from Saturday 24 March to Sunday 1 April, includes:

- Zumba demonstrations;

- football skills and drills activities with Brighton and Hove Albion FC;
- rugby skills and drills activities with Chichester Rugby Club and Driving Force Coaching;
- Spirit FM Roadshow;
- Westgate Leisure Chichester activities; and
- the council's own Wellbeing Team.

Cllr Lintill adds: "With the Olympics taking place in London this year, we've organised a whole host of events to get people active. So make a note in your diary for Sunday 25 March and start your get fit resolutions now."

The event is supported locally by organisations including Linden Homes, Affinity Sutton, Global Scaffolding, Chichester Community Development Trust and the University of Chichester.

Events taking place in the district this year include:

January

- Community Sports Bag – this recently launched scheme allows families to hire out sports equipment free of charge (after an initial £2 registration fee). It works like a book library, and items can be hired out for the whole day or weekend.
- Midhurst and Chichester weekly football sessions start.
- Multi-sport club at Westgate Leisure Chichester for disabled children and their families will be held on Sunday 22 January and Sunday 12 February.
- 2012 Mini Games start involving over 300 primary schoolchildren from across the district. It will culminate in a two-day festival in May.
- Nominations open this month for the 2012 Chichester District Youth Sport Achievement Awards.

February

- Football in the Community and Rugby in the Community will be taking place during the school half-term holidays at Midhurst Rother College, Easebourne.

- A new Street Dance programme for young people aged five and upwards starts at the Chichester Nursery School Children and Family Centre.

March

- Sport Relief Mile – with Zumba, football, rugby, Westgate Leisure, Wellbeing advice and outdoor play activities.

April

- Football in the Community and Rugby in the Community will be taking place during the Easter holidays.

May

- 2012 Mini Games festival will be held featuring an opening ceremony, a number of different sports activities and the presentation of awards for effort, attitude and sportsmanship.

June

- The Youth Sport Achievement Awards Ceremony will be held at the Westgate Leisure Centre.

July

- Junior Aquathon will take place on Saturday 14 July. The event is for competitors between eight and 16 and starts with a swimming race at Westgate Leisure Chichester, followed by a run around Chichester College's campus.
- Chichester Triathlon will take place on Sunday 15 July. This consists of a 600m pool swim at Westgate Leisure Chichester, a 42km (26 mile) bike ride and finished with a 10km (6 mile) out-and-back flat run.
- Olympic torch relay flame will be passing through the Chichester District on Monday 16 July.
- Rugby in the Community courses will be taking place in the Witterings and Football in the Community courses will be taking part in Chichester.
- Tennis Champions programme starts.

August

- Rugby in the Community courses will be taking place in Midhurst and Chichester East.
- Football in the Community courses will be taking place in Selsey, Easebourne, Tangmere, Bracklesham Bay, Fernhurst and Chichester.

September

- Get Active Festival. The free, family, fun day will take place on Sunday 9 September. It offers a range of activities for the whole family – regardless of age or ability.

October

- Chichester's first Half Marathon will take place on Sunday 14 October. More details later in the year.

For more information on all these events please see www.chichester.gov.uk/sport, contact the Sport and Leisure Team at Chichester District Council on 01243 534899 or email sport@chichester.gov.uk.

Ends

**For further information, please contact Jo Steele,
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