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children's hospice SOUTH WEST

Celebrating 30 years



rainbow RUN your way

Get rainbowed up and run... skip, jog, walk, skate, ride to raise vital funds

Saturday 19 to Sunday 20 June 2021 ☺ www.chsw.org.uk/rainbow

Registered Charity No. 1003314

5K IN A DAY SUPERHERO CHALLENGE

for Cornwall Air Ambulance Your charity, saving lives



Saving lives is a team effort – can you run, skip, walk or cycle 5k for Cornwall Air Ambulance?

Saturday 5 – Sunday 6 June 2021

REGISTER NOW FOR FREE cornwallairambulancetrust.org/superhero-challenge