

Take part in the

# Most Active County Run Outreach Programme



If you're aged 18 or over and doing less than 30 mins physical activity per week then we would love to hear from you



The Outreach Programme supports you to train and prepare to participate in the global 10km virtual Guinness Book of World Records attempt on Sunday 19 September 2021

Our three month, Ipswich based programme includes:

- Support and mentoring by two times Olympic long distance runner Paul Evans
- Weekly supported training sessions by experienced local run coaches
- MAC Run Outreach training t-shirt
- Discount on running gear and support from programme partners

It costs just £30 to take part in the programme and includes your entry into the Guinness Book of World Records 10km virtual run.

To find out if you're eligible and to apply for a place on the programme visit:

[www.macoutreach.com](http://www.macoutreach.com)

Applications close 14 June. The programme commences 22 June

*It could be your life changing challenge*

COES

University of Suffolk

Helping make Suffolk  
ENGLAND'S

MOST ACTIVE COUNTY

Allied  
Health Professionals  
Suffolk

mind  
for better mental health  
Suffolk