

MEDIA RELEASE

DOUBLE THE FUN THIS FEBRUARY FOR MID MURRAY'S 10TH ANNUAL MANNUM FUN RUN AND WALK

Mannum Fun Run and Walk participants will enjoy double the fun on Sunday, 28 February as the popular event celebrates its 10th year.

Everyone who registers to take part in the event – whether it's the 3km walk or right up to the 10km run – will also receive a free pass to their choice of the Cambrai or Mannum swimming pools to cool off afterwards.

The event caters for all ages and abilities, offering a 3km walk, run or gopher ride, 5km walk or run, and the more challenging 10km run.

Families can also expect a fun day out – and kids can put their skills to the test in the Under 10s Kids' Dash and Under 10s Kids Vortex competitions. Meanwhile, adults can show off their six-pack strength in the Adults' Plank Competition.

Mid Murray Mayor Dave Burgess said the day was a popular annual attraction that brings the community together while also promoting positive health and wellbeing.

"The Mannum Fun Run and Walk has earned a strong following over the past decade as visitors and locals both enjoy the fun, relaxed atmosphere," Mayor Burgess says.

"Whether you're young or old, a novice or an athlete, there's an event on the day that will suit you and it's always inspiring to see people of all backgrounds coming together to participate, be active and share each other's company.

"With the backdrop of Mary Ann Reserve and the riverbank, it's also a spectacular place for a morning run or a leisurely walk."

The run (or walk!) is only half the fun, with a free community breakfast provided afterwards in Mary Ann Reserve (cost is \$4 per person for non-participants).

"The post-run breakfast is always a highlight as many people stay on to refuel and enjoy the relaxed atmosphere in the beautiful riverside setting," Mayor Burgess says.

The event begins with registrations at 8:15am, followed by group warm-up at 8:45am and the race start at 9am. It's free to take part, but gold coin donations are welcome.

To join in, register online at www.mid-murray.sa.gov.au/community/2019-mannum-fun-run-and-walk.

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