

The Great Runs



The Great Gorilla Run

Charity runs rarely get as hilarious as London's Great Gorilla Run. Participants get dressed up as hairy gorillas to run, jog or walk the 7 km course through the streets of the city centre to draw attention to the plight of the endangered mountain gorilla

and raise money for charity organisations that protect the animal and its habitat. Participants pay an entrance fee on registration and are provided with their very own gorilla suit. The run takes in the famous landmarks such as Tower Bridge and is a great way to have fun while helping a good cause.

B Santa's Charity Fun Run

Santa's Charity Fun Run is a short 5 km run that takes place in Folkestone every December. It is a great family event

open to all ages and abilities that raises money for a number of charities. Participants pay a fee to enter and agree to give 50% of the money they raise to Channel Rotary Charities and 50% to a charity of their choice. Organisers provide the Santa suits but participants can wear their own seasonal fancy dress if they wish. Everyone is free to choose if they walk, jog or run the course and they can even bring along their dog if they wish.



C Heroes Run

The Heroes Run is a colourful and very enjoyable family fun run organised by Pass it on Africa, a charity that helps to build schools and

develop education in poor areas of Africa. The run takes place in four different cities in the UK on different dates and involves wearing your favourite superhero fancy dress costume like Batman or Spiderman's and running 5 km for over 13-year-olds or the longer 10 km for over 16-year-olds. There is also a mini-heroes' 500 m dash for children.

Participants pay a small entrance fee and can either buy costumes or make them themselves.



D

The Sumo Run

The Sumo Run is an exciting charity fun run that takes place in London and Manchester on two different dates each year. Participants

get dressed up in an inflatable sumo wrestler suit and run a 5 km course around a large park. Participants must be over 18, pay a small fee to enter, and promise to raise at least £175 for Gemin-i, a charity organisation that runs educational programmes to help poor children around the world. The sumo suit is provided and many runners also wear extra decorations or bring along musical instruments, which only adds to the fun.



Which run:

- 0 imposes a minimum fund-raising target? ☐ 0 ☐ D
- 1 allows you to raise money for your preferred charity? ☐ 1 ☐
- 2 is only open to adults? ☐ 2 ☐
- 3 takes a sightseeing route? ☐ 3 ☐
- 4 allows pets? ☐ 4 ☐
- 5 doesn't include the costume in the entrance fee? ☐ 5 ☐

A phrase to prove your answer:

1. _____
2. _____
3. _____
4. _____
5. _____