

## WE'RE RUNNING FOR CHARITY...BEAR WITH US!

Eight Ford & Warren employees will be taking part in this year's Leeds Abbey Dash in order to raise money for Age UK.

Kim Chilton, Vicky Guymer, Michael Downes, Ed Smith, Ed Bennett, Dom Sharman, Nick Paszek and Leigh Stott will be running the 10k race from Leeds Town Hall and through the heart of the city on Sunday 21<sup>st</sup> November.

In the hope of raising even more money for Age UK, a charity which provides tailored support and services for older people, Nick Paszek will be completing the race dressed as a bear.

Licensing Clerk and spokesman for the team, Ed Smith said: "Age UK is a very worthy cause as they work so hard to improve the quality of life for the elderly all over the UK. We're putting in lots of hours of training in preparation for the event; with practice runs and drill training already taking place each weekend. Our aim is to raise as much as we can, with our only other goal being to ensure that every member of the team crosses the finish line – including the bear!"

The Abbey Dash is an annual race to raise money for Age UK and was recently voted one of the top three road races in the UK by Runners World Magazine. 8,000 people are expected to take part in the event which usually raises around £20,000 for the charity.

To sponsor the Ford & Warren team please visit: [www.justgiving.com/FandWAbbeyDash](http://www.justgiving.com/FandWAbbeyDash).



Bear behind you!

L-R: Dominic Sharman, Leigh Stott, Ed Smith, Nick Paszek, Michael Downes, Ed Bennett, Vicky Guymer, Kim Chilton.

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

[www.ageuk.org.uk](http://www.ageuk.org.uk)