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# Get set for the Lions ANZAC Run

Get your running shoes on and make your way to the Macarthur Lions Anzac Run next Sunday.

The event at Bicentennial Equestrian Park Camden is in its fifth year and has gained a popular following.

So whether you are looking to keep fit or help a worthy cause - the run attracts people of all ages and fitness levels.

"It's the fifth outing from its early conception by the Macarthur Lions as a Horseless Steeplechase such as they have annually at

Badminton in England," Ron Bishop of Macarthur Lions said.

The thought of participants jumping steeplechases and wading through puddles of water conjured up some interesting pictures, but the club preferred a more logical event to encourage a broader range of people and a fun run had the tick of approval.

"The Camden Council have helped with the fun run concept previously, providing logistic support and it remains as our major sponsor," Mr Bishop said.

"Our immediate aim is to encourage youngsters and families to enjoy the beauty and open spaces of Bicentennial Park with a bit of exercise. The age range so far has been from infants in push chairs, including my grandchild aged one year, to 90 year-old Jock Wylie, the intrepid fellow from Carrington."

Mr Bishop said there is also an increase in entrants from schools in the district.

"The ANZAC link is a consequence of our involvement with the

Camden RSL, which also sponsors the event and assists with the medallions awarded to contestants.

"Lifeline Macarthur has been the recipient of most returns from the event and in turn it provides tremendous help with staff to organise and run the event."

This year's run will start at 9.45am with federal member for Macarthur, Russell Matheson, getting the runners (or walkers) on their way.

There are different age groups and categories from individuals,

teams and schools as well as lengths - five or 10 kilometres runs. Those eager to take part and who may be restricted because of fitness or age can walk the five kilometre course.

So if you have some energy to burn, want to help a worthy cause and raise some funds at the same time - the run is a great way of doing all three.

Email: macarthurlions@hotmail.com or call 0438 572 281 for more details.