



# Vision statement

The Great Malvern Triple Run is a new running event designed to appeal to all age groups, levels of fitness and sporting ability. The event will comprise:

- The Great Malvern Run - 13.1 miles for the committed runner and the County's first official half marathon.
- The Malvern Spring – A 5K run/ walk in a beautiful wooded area designed to appeal to cross country runners, families , fun runners, dog walkers
- The Chicken Run – A 1.K course specifically designed to be accessible for children with special needs: flat and wheel chair friendly.

The three courses will allow all members of the family, young and old to participate. Each race ends at the same finishing line and all participants will receive a medal in recognition of achieving their own personal best.

The Great Malvern Triple Run celebrates the strength and determination that we all have within us but often take for granted. In particular it is designed to encourage able bodied and disabled children to participate in an event together. The idea for the event has come from the courage and strength shown by children in their battles against illness and disability. Their strength is continuing and an example to us all.

The Great Malvern Triple Run is designed to:

- give everyone the opportunity to achieve their personal best.
- create an awareness that many children have difficult personal needs.
- allow children the opportunity to compete alongside strong and top athletes giving children the chance to copy and learn.
- provide an event where all members of the family can participate together with three different distance courses .
- give people a sense of achievement and allow children the opportunity to gain the excitement and enjoyment achieved through competition within sport.

This is the second year this annual event is being held. It is hoped that it will grow and give strength to all competitors in the future.