



Jingle Bells 5KM Run

The Donore Harriers, Ireland's longest running athletics club is hosting its 18th annual Jingle Bells run and have again chosen DEBRA Ireland as their nominated charity for 2008.

The run takes place through the Phoenix Park starting from the top of the furry Glen in the Phoenix Park and finishing at the upper glen road on Sunday, 14th December starting at 11am.

DEBRA Ireland and the Donore Harriers are urging people in Dublin to pledge their support to the charity at this very festive run by taking part and raising sponsorship.

Everyone is welcome to take part from families to club runners to walkers. It is a chance for people to get into the festive spirit, get fit and help raise money for DEBRA Ireland while being in with a chance to win many prizes like highest fundraiser, best fancy dress, fastest men and women, fastest junior, fastest walker and many more.

For a entry form, click on the link below.

<http://www.runireland.com/events/jingle-bells-5k>

So it is time to take out those Santa hats, go that extra mile and "Do it for DEBRA".



For further information go to www.donoreharriers.com or contact Conor on 01 4126924 or at conor@debraireland.org