

‘If I can run bloody 5km to support the work these guys do, I’m sure most of you ladies can.’



The gorgeous Jo Brand

Join me for my fourth adidas Women's 5K Challenge on 7 September 2008 in London. Alternatively, you can run or walk at events in Birmingham and Liverpool.

So why not leave the blokes at home, have a girly day out, have a few laughs but, most importantly, raise funds to help Alzheimer's Society help people with dementia and those who care for them.

If I can pull on my trainers and finish a 5km run, so can you. Go online for more information or give the team a call.

0870 417 0192
alzheimers.org.uk/events

Registered charity 296645

