

A LITTLE HEALTHY COMPETITION

Dig out your trainers and join two new teams running in the 2012 Brighton Marathon for Sussex based charity, GardenAfrica.



Accountants vs Solicitors,

We are looking for Sussex based Accountants and Solicitors to take up the challenge and make it to the finishing line:

- Build a team
- Get fit
- Have fun
- Raise money
- Support GardenAfrica's work



What will I be running for?

GardenAfrica's training programmes enable people to support themselves and their families by teaching them vital horticultural skills, building resilience to climate and economic shocks, and enabling small scale farmers – more than half a billion Africans – to adapt to the impact of climate change.

Rather than promoting a culture of dependency, GardenAfrica's projects are designed to generate a greater sense of self-worth, providing the knowledge and skills that farmers need to grow nourishing food and generate income, without dependence on expensive pesticides, fertilisers or hybrid seed. Many of these farmers are women, whose income is dedicated to providing for, and educating their children. With increased diversity and higher yields they are able to build a healthy, debt-free future.

The overwhelming sense of achievement and pride is evident whenever our trainees attend a course. Instead of providing short-term benefits, these skills can support them through their whole lives – building confidence and self-esteem.

You could be part of that vital process by running for GardenAfrica, or sponsoring one of our runners – helping to equip people with the skills to establish sustainable plant-based livelihoods and to live with dignity.

No previous running experience is required!

- Access to training days
- A training schedule
- Advice on running equipment
- Information on nutrition
- Ideas for sponsorship
- A running vest, and
- A GardenAfrica T shirt



If you are a Sussex based Solicitor or Accountant and would like to find out more, please get in touch: joanne@gardenafrica.org.uk www.gardenafrica.org.uk

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