

LET'S LIFT The CURFEW

6pm - 7pm

22
January

Three Hills
Sports Park

Support us in providing the tools to encourage women to exercise safely at night!

What is the event?

We're encouraging women to take back the night and feel safe and empowered to run during the darker evenings. The aim is to provide night running equipment & and informing women on clubs they can get involved to support exercising for mental & physical wellbeing.

Following Sport England's 'Let's lift the curfew' campaign, The Sports Trust is teaming up with local running clubs to inform and encourage women to continue exercising safely.

Support needed

Volunteers

We need volunteers to help support the running of the event, whether this be safety marshals, people to hand out information or running buddies.

Spread the word

We have provided posters & social posts for businesses & supporters to put up or share on their Instagram, Facebook and/or LinkedIn.

Equipment

For our starter packs, if there is anything you can donate to contribute towards a women's night running safety pack - please reach out.

Event Plan

18:00

Meet at Three Hills for group warm up session & hand out night running start packs (head torches/high vis vests etc)

18:15

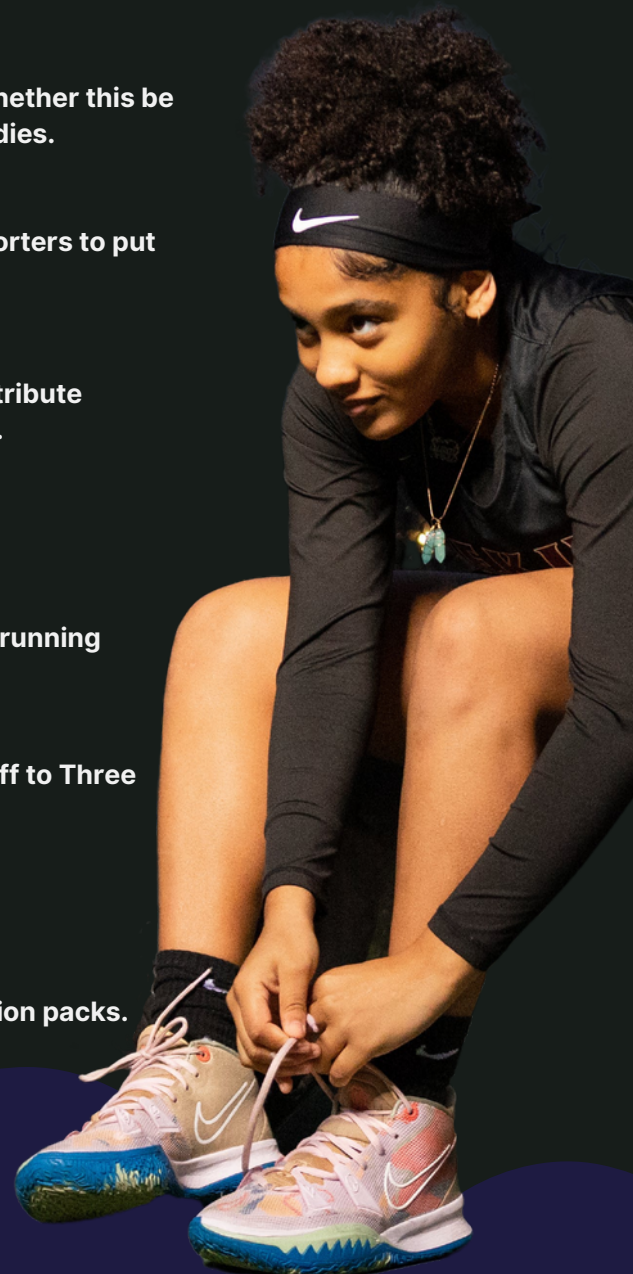
Divide group into beginners and experienced runners then set off to Three Hills Running Track.

18:15 - 18:45

Night run around streets, route to be confirmed.

18:45 - 19:00

Finish up on Athletics track at Three Hills and hand out information packs.



Want to get involved?
Contact us at r.smith@thesportstrust.org



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Empowering women
to take back the
streets and feel
confident to run
during the darker
evenings.

Hosted by:
 **THE
SPORTS
TRUST**

46%

of women change their evening outdoor exercise routine during winter months.

40%

of women feel limited to exercise options as a result of the darker evenings.

60%

of women prefer to not be active after dark due to worrying about sexual harassment or intimidation.



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