



Run, walk or jog to help South Africa

By COLM LAMBERT
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CALLING all runners, walkers, and everyone in between!

Mark down Sunday, July 19, in your diary – because that's the day that 'The School Run' will take place in Carlow in aid of Mellon Educate's work in South Africa.

This chip-timed event is open to everybody who is serious about their running and everybody else of all running and walking abilities who would like to get behind this worthwhile charity event.

It will start at the County Carlow Rugby Club grounds at Oak Park, and it offers participants a choice of completing either 5k or 10k.

It is being organised by Carlow resident Pamela Scott, who has been involved with Mellon Educate for the past six years, helping the charity to build homes and schools for children in South African townships.

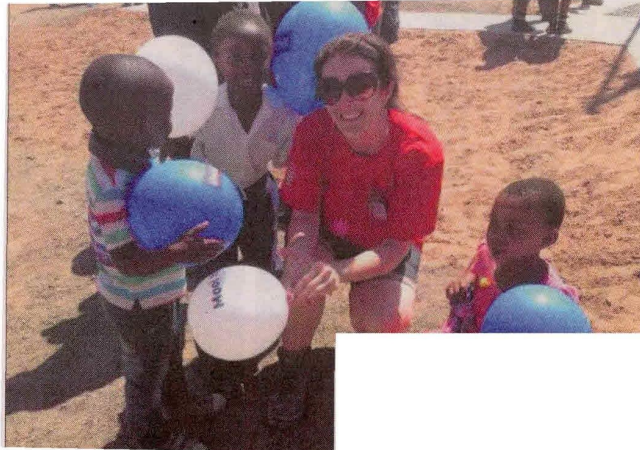
Mellon Educate (formerly Niall Mellon Township Trust) is an international volunteer based charity hoping to provide educational assistance for more than 100,000 of Africa's most impoverished children.

'Having spent 12 years using our expertise in construction to give some of Africa's poorest people the security and dignity of having a roof over their head, we now want to give 100,000 of its children the tools to build a better life for themselves,' says its founder, Niall Mellon.

To take part in 'The School Run' in Carlow on Sunday July 19, you can register online at www.popupraces.ie

You can also register on the day from 10 a.m. to 10.40 a.m. The 10k run/walk will set off at 11 a.m., while those choosing to do the shorter 5k will be hitting the road at 11.15 a.m.

More information is available from 087 6226485.



Pamela Scott with some local children during a previous trip to South Africa and (right) taking part in one of the building projects.

