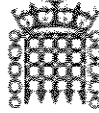


Trudy Harrison MP  
Member of Parliament for Copeland



HOUSE OF COMMONS

LONDON SW1A 0AA

Mrs Karen J Hughes  
Cartref  
Holborn Hill  
Millom, Cumbria  
LA18 5AT

25<sup>th</sup> June 2018

Dear Karen,

I'm writing to express my support and enthusiasm for the proposed Millom Community Track.

This is an excellent project. It is high time that Millom had a running track, built to the specification from Sport England and with an athletic track finish, which can be used for running, cycling and walking by all, as well as being able to accommodate people with disabilities, and both wheel and pushchairs.

I am particularly pleased that the proposed track will be free to use for all members of the community, and that it will be the home of the Millom Park Run on Saturday mornings. Park Runs have become an institution across the country, with 516 active weekly routes, and have done a huge amount to introducing many to the five-kilometre distance. Running such a distance can initially appear an impossible task, but with the support and social network the event provides, and an opportunity to improve personal bests in a non-threatening, encouraging environment, Park Runs have enabled huge numbers of people to make accomplishing this feat part of their routine, and a healthy lifestyle.

I am confident this project would be embraced and valued by the Millom community. The current Park Run proves popular despite the muddy conditions, and the construction of a suitable running surface would undoubtedly bolster participation.

I am therefore fully behind this wonderful proposal to build a Millom Community Track, and look forward to joining the first Park Run following its completion.

Yours Sincerely,

**Trudy Harrison**  
Member of Parliament for Copeland

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