



Thousands turn out at Llangefni to support Colin Jackson's Go Dad Run

Menter Môn have been working closely with sporting legend Colin Jackson to launch a new campaign, Go Dad Run, aimed at raising awareness of men's health issues.



On Saturday, April 27th Colin Jackson hosted a special charity gala dinner at the Grand Hall, Conway Centre, Llanfairpwll, Anglesey. There was a terrific four course dinner followed by a great night of entertainment featuring soul legend Mica Paris, Q&A's with Colin and an exhibition by Strictly Come Dancing Stars Ian Waite & Camilla Dallerup.

There was an Anglesey feel to event as well with the Moniars playing a set and the Anglesey Fashion Academy showing off their latest designs on the catwalk.

Following on from the success of the Gala Dinner was the inaugural Go Dad Run



5k race in Llangefni. Organised by Menter Môn the event drew thousands of runners of all ages and raised a significant four figure amount for charity. Among the runners were successful sportsmen Jamie Baulch, Mark Foster, Dwayne Peel and Mickey Thomas.

Colin Jackson explained why he started the campaign “Throughout my long athletic career it became second nature for me to listen to my body and regularly check it for illness or break down but we know that the vast majority of men fail to do this. Sometimes this is due to embarrassment, often because of a lack of knowledge or even a miss-placed macho attitude that resists going to see a doctor!

But more than 10,000 a men each year in the UK are diagnosed with Prostate Cancer and Afro-Caribbean men are three times more likely to develop it. I have been personally affected by the traumas associated with Prostate Cancer as two of my uncles were diagnosed with it and one sadly passed away so I was driven to do something that can help”



Colin hopes that Go Dad Run will emulate the success of Race for Life which started off with only a few hundred runners. It certainly got off with a bang on Anglesey.

For more information on the Go Dad Run visit www.godadrun.co.uk