

# News

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## **Brentford Lock West continues support for relaunched sporting event at Syon Park**

Brentford Lock West, the multi-award winning development delivered by Waterside Places – the joint venture between national urban regeneration specialists, Muse Developments and the Canal & River Trust - has announced their continued support for Brentford SportsFEST (formally the Brentford Challenge), which promotes sport and health in the community.

Brentford SportsFEST encourages local residents to take part in a range of sporting activities in the grounds of one of west London's most iconic houses – Syon House. Run in partnership with Brentford Lock West, the event will be held on Sunday 12 May and aims to bring sport to the heart of the local community.

Residents of all ages and abilities can take part in a 10k run, 5k run, 3k run, primary schools challenge and 5k Walk and Talk (in association with West London Mental Health Trust).

For water lovers, local residents can take part in an exciting paddleboarding lesson at Brentford Lock. Plus, yoga, Pilates, frisbee golf, rowing and an exciting cricket stimulator can be sampled at our vibrant health and fitness village.

Ruth Cadbury, MP for Brentford and Isleworth, took part in the event last year and spoke of the importance of the event for the local community. She said: "For me, I wasn't very active and only started running as I approached my 50s. Since then, I've been fitter and had a lot more energy. I think the Trust are fantastic at enabling and encouraging thousands of local people to make the same changes and get active.

"This event is a fantastic celebration of their important community work."

Jenny, who ran the 10k race last year and lives in Brentford, said: "I live in the Brentford Lock West development and I thought the race looked like a great course. I think it's fantastic to get involved with a local community event.

"I do quite a lot of running events, but it's great to have a local sporting event that is right on your doorstep."

Formerly known as the Brentford Challenge, Brentford SportsFEST has rebranded to promote a more inclusive approach to getting active. This year will see a Primary Schools Challenge and a relay race for children – along with a 3k run for adults who are just starting to get fit.

James Stockdale, development manager at Waterside Places, said: "It is fantastic to see how this event has evolved over recent years to offer such a variety of activities, making it accessible to the whole community. We have been sponsoring this event, since it first began and it provides a great opportunity for people to get together, get active and enjoy some of the superb facilities Brentford has on offer.

"This year is shaping up to be the best yet and I would encourage everyone to get involved – whether you're a keen runner, fancy trying your hand at paddleboarding or simply want to come along and enjoy the host of family friendly activities on offer throughout the day."

To secure your place at Brentford SportsFEST, visit [www.brentfordsportsfest.co.uk](http://www.brentfordsportsfest.co.uk)

To find out more about the Brentford Lock West scheme, visit: [www.brentfordlockwest.co.uk](http://www.brentfordlockwest.co.uk)