

ACTIVE FOR THE TAVS!

To celebrate 70 years of the Lord's Taverners, complete 70 miles in 70 days for the cause!



WALK



RUN



CYCLE

The idea is simple:
complete **1 mile** per day, donate **£1** per day!

If the distance isn't right for you, feel free to walk/run/cycle less, that's fine!



By supporting ACTIVE FOR THE TAVS you will help give more disadvantaged and disabled young people across Essex, the opportunity to access the benefits of sport.

Click on any of the photos to learn more about our programmes

CLICK HERE TO DONATE!

Send us your efforts on social media using #Tavs70



LORD'S TAVERNERS
Giving young people a sporting chance

Celebrating 70 years of giving

For more information, contact Jo Hicks:
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