**FINAL**

**COMMUNITY FITNESS COMPETITION in Memory of uckfield butcher**

**#PickItUp**

A fitness competition, followed by hog roast and drinks for supporters and general public, will be held at Isenhurst Country Club in Cross in Hand, on Saturday 8 August in memory of Uckfield butcher Dan Osborne who passed away last December in a tragic car accident.

The ‘Pick it up, Put it down’ weightlifting and conditioning event is being organised by Personal Trainer and close friend of Dan’s, Louis Chavannes, aged 20, from Heathfield who will be bringing together 36 people from the local area to undergo a program devised to test not only strength, but also endurance.

Pairs consisting of one male and one female will work together to complete two indoor rows totalling 1,750m, 45 chest to floor burpees, deadlifts, bodyweight squats versus farmers hold as well as bench press work. The couple to finish the workout in the quickest time will be crowned the competition Champions and will receive a trophy to honour their efforts.

The event will not only commemorate Dan who was loved by all who that knew him, but will be used to raise vital funds for the *Leukaemia and Lymphoma Research* charity.

Louis, who is also an employee of Isenhurst Country Club, commented: “What Dan brought to our lives was invaluable. His down to earth, humble nature, coupled with his underlying drive and strength was a gift you were lucky enough to experience if you knew him. He loved the gym and weightlifting so we thought this would be a special way to celebrate his life, whilst also raising funds for charity. It’s amazing how sport and fitness can bring a community together. Dan was very popular, so I am confident that we will get lots of people down to the Club to watch some great displays of fitness, enjoy some tasty food and drink the bar dry! Dan’s family and I are hoping to make this an annual event in his memory.”

The free event is open to everyone who would like to celebrate Dan’s life and support the chosen charity. Competing will commence at 08.30, with food and drink served from 13.00. The hog roast has been donated by Leppards Butcher in Mayfield and Isenhurst Country Clubs. All proceeds from the food and the bar will go to *Leukaemia and Lymphoma Research*. There will also be music and entertainment on offer throughout the day.

ENDS

For more information and high res photos, plus interview requests, please contact Sarah Jones at Wildnerness PR on Sarah@wildernesspr.co.uk/ 07775 582 497.