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'Bubbles everywhere': Hundreds enjoy inaugural East Coast event

PUBLISHED: 14:53 27 June 2019 | UPDATED: 14:53 27 June 2019 Mark Boggis



The East Coast Bubble Rush ♦ a family-friendly 5k fun run with lots of colourful bubbles ♦ was held at Normanston Park in Lowestoft on Saturday, June 22. Pictures: Mick Howes

Hundreds of people had some amazing fun in the bubbles as an inaugural event was hailed a success.



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The East Coast Bubble Rush – a family-friendly 5k fun run with lots of colourful bubbles – was held at Normanston Park in Lowestoft on Saturday, June 22. Pictures: Mick Howes

Masses of coloured bubbles were pumped out as a popular 5k fun run with a difference hit Normanston Park in Lowestoft on Saturday, June 22.

ADVERTISING

The East Coast Bubble Rush - a family-friendly 5k fun run with lots of colourful bubbles - attracted hundreds of families and friends.



The East Coast Bubble Rush – a family-friendly 5k fun run with lots of colourful bubbles – was held at Normanston Park in Lowestoft on Saturday, June 22. Pictures: Mick Howes

After a warm up and Zumba exercises with Sarah Chow and Nigel Shipp,

entrants were sent off around the 5k course in two waves.

More than 400 people set off at 11am, with around 350 heading off at noon. They completed two laps of a winding 5Km course around Normanston Park passing four bubble stations along the way, where foam cannons pumped out masses of different coloured bubbles that created a bath of bubbles.



The East Coast Bubble Rush – a family-friendly 5k fun run with lots of colourful bubbles – was held at Normanston Park in Lowestoft on Saturday, June 22. Pictures: Mick Howes

With the event raising funds for the East Coast Hospice appeal, in a post on the East Coast Hospice Facebook page, organisers said: "What an amazing day! "Bubbles everywhere.

"Thank you to everyone that joined in the 'bubble' fun!



The East Coast Bubble Rush ♦ a family-friendly 5k fun run with lots of colourful bubbles ♦ was held at Normanston Park in Lowestoft on Saturday, June 22. Pictures: Mick Howes

"Bubble Rush supporting the East Coast Hospice appeal will be back for more foam-tastic fun in 2020.

"See you in the bubbles again."



The East Coast Bubble Rush – a family-friendly 5k fun run with lots of colourful bubbles – was held at Normanston Park in Lowestoft on Saturday, June 22. Pictures: Mick Howes



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Sign up for East Coast Bubble Rush as inaugural event hits town

PUBLISHED: 11:38 19 June 2019 | UPDATED: 11:55 19 June 2019 Mark Boggis



The East Coast Bubble Rush will be held for the first time in Normanston Park, Lowestoft. A previous Bubble Rush takes place elsewhere. Pictures: Courtesy of East Coast Hospice

Hundreds of people are expected to line up in a popular park as an inaugural event takes centre stage.



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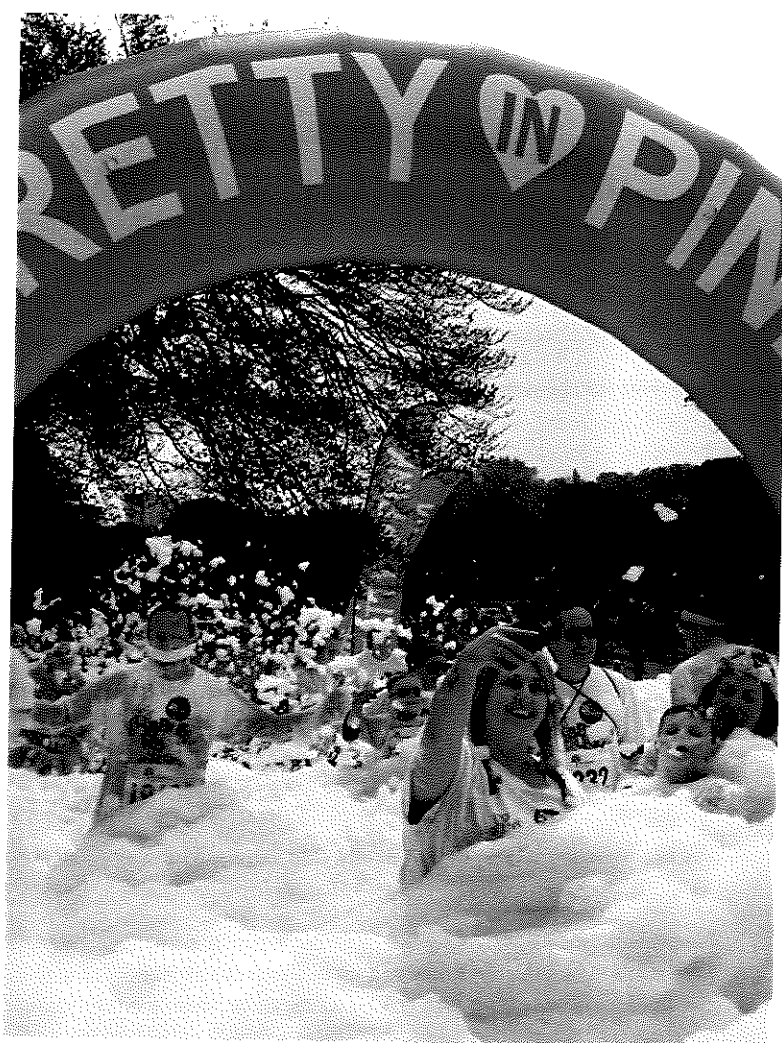


The East Coast Bubble Rush will be held for the first time in Normanston Park, Lowestoft. A previous Bubble Rush takes place elsewhere. Pictures: Courtesy of East Coast Hospice

Lowestoft is set to be awash with bubbles as a charity fundraiser brings foam to the town this weekend.

Masses of coloured bubbles will be pumped out as a popular 5k fun run with a difference hits Normanston Park in Lowestoft.

The East Coast Bubble Rush - a family-friendly 5k fun run with lots of colourful bubbles - will be held at Normanston Park on Saturday, June 22.



The East Coast Bubble Rush will be held for the first time in Normanston Park, Lowestoft. A previous Bubble Rush takes place elsewhere. Pictures: Courtesy of East Coast Hospice

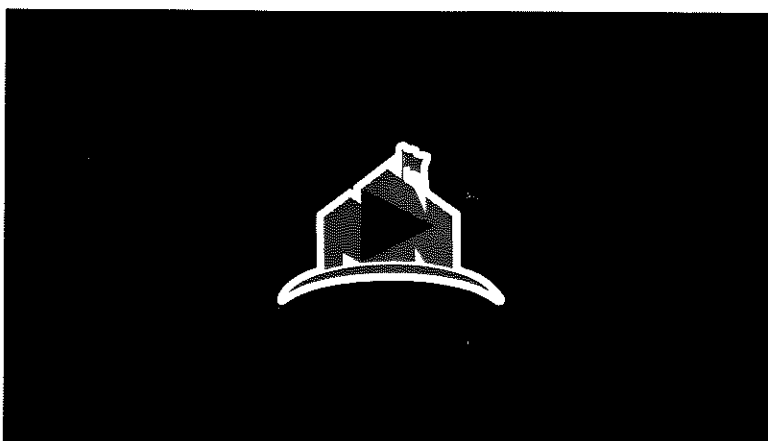
Those taking part will head off amongst a sea of bubbles, before passing four bubble stations where foam cannons will pump out masses of coloured

bubbles creating a bath of bubbles.

With the event raising funds for the East Coast Hospice Appeal, hundreds of people have already signed up to join in the fun.

Andrea King, head of community fundraising at East Coast Hospice, said: "We are so excited that Bubble Rush is coming to Lowestoft for the first time ever.

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"It is a unique, family-friendly event, with no minimum or maximum age limit, and the course is pushchair and wheelchair friendly."

Those taking part can run, jog, walk, dance or toddle through the foam as the East Coast Bubble Rush is held.

To get the party started in the Bubble Village, local DJ Decks will be on the stage providing musical entertainment throughout the day, along with an energising and motivating Zumba routine from Sarah Chow and fun and humour from compere for the day Kimble Reynolds.

Andrea King added: "Great Yarmouth and Waveney very sadly is the last area in England to have an adult independent hospice facility available to its community and once built East Coast Hospice will provide the much-needed free specialist palliative care and supporting day care services needed by so many."

If you have not registered so far, tickets are still available for the Bubble Rush on the day.

The entry price includes a Bubble Rush t-shirt to wear at the event and a finishers medal.

The price for an adult on the day (age 16+) will be £25 and children (aged four to 15) is £10. Under 4s can take part for free with a full price adult ticket but they won't receive a medal or t-shirt. All t-shirts sizes on the day are subject to availability.

Each entrant is asked to raise additional sponsorship of £10 or more that will go