

Richmond RUNFEST 2021



Kew Gardens 10k – Saturday 11th September

Richmond Marathon – Sunday 12th September

Richmond Half Marathon – Sunday 12th September

Thank you for supporting us!

www.themulberrycentre.co.uk

Richmond RUNFEST

Take on a running challenge in 2021!



'Thank you to all the staff and volunteers of The Mulberry Centre who inspired me to be able to undertake the sponsored run and enabling me to raise funds to support the great work you do for your users'

Dr Parvinder Singh

The only opportunity to run in the World Heritage Site – Royal Botanic Gardens, Kew!

Invite your friends to run with you or just help us spread the word about our fundraising challenges.

The Mulberry Centre is a charity which relies heavily on donations from individuals and organisations to support people through their cancer journey from diagnosis, through treatment and then post-discharge. We help them to start rebuilding their lives and promote self-management. We also support carers and family members to deal with these changes and bereaved relatives. We do this by providing counselling, complementary therapies, wellbeing classes, and supporting information, tailored to the needs of our users at, and around, our purpose-built centre in Isleworth. Our services are free of charge.

The more people we get to run the more money we raise for The Mulberry Centre.

Our supporters help make this possible!



Important Information

Kew Gardens 10K

♥ Saturday, 11th September 2021

Run London's flattest course on roads and paths in the beautiful surrounds of Kew Gardens. Minimum age 15.

Richmond Marathon

♥ Sunday, 12th September 2021

Run London's flattest marathon. All on road and path inside Kew Gardens before running along the Thames Towpath. Please expect to run on flat path, road, gravel, and grass during the 26.2 miles. The course is flat as a pancake!

Minimum age 18.

Due to Covid-19 and social distancing, all runners will be given an arrival time to avoid congestion. Friends and family of runners are not able to spectate inside Kew Gardens this year, however, all are welcome to enter Kew Gardens free of charge afterwards to make a day of it.



Richmond Half Marathon

♥ Sunday, 12th September 2021

Run London's most exclusive race! The only time you can ever run in the World Heritage Site – Royal Botanic Gardens, Kew! Great medal, great goody bag, tech tee, musical festival finish and a free beer!

The race will take runners on a scenic tour of Richmond, one of London's most appealing areas. It starts at Kew Botanical Gardens and finishes at Old Deer Park, via a scenic tour of Richmond Riverside and Ham House.

Please expect to run on flat path, road, gravel and grass during the 13.1 miles. The course is flat as a pancake.

Location

All events start at The Orangery, Royal Botanic Gardens, Kew.

Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

Times for all races

- ♥ Kew Gardens 10K – start at 8.20 am
- ♥ Richmond Marathon – start 8.00 am
- ♥ Richmond Half Marathon – start 8.55 am

Sponsorship pledge - we ask runners to raise:

- ♥ a minimum of £300 for Kew Gardens 10K (£30 registration fee)
- ♥ a minimum of £400 for Richmond Half Marathon (£40 registration fee)
- ♥ a minimum of £500 for the Richmond Marathon (£50 registration fee)

- ♥ At the end of the race you receive a medal, goody bag, Nike Tech T shirt, glass of bubbly and official race photo

Cancellation policy

All races have now been confirmed but if they are cancelled due to Covid-19, your place can be rolled over to 2022.

If you are not able to run at the last minute, but have raised sponsorship funds, we ask that you either donate the money that was raised to us or return it to your sponsors.

If you choose not to run and have not you raised any sponsorship you will be asked to cover the race entry fee.

"RUNFEST organisation and crowd support is second-to-none, fantastic atmosphere the whole way around and wonderful happy volunteers at the end."



Register

To participate in either of these challenges please register directly on the Richmond Runfest charity page and choose The Mulberry Centre as your charity.

Richmondrunfest.co.uk - Run For Charity

If you would like to further guidance you can contact our fundraising team who will be on hand to give you support and advice on 0208 321 6304 or email fundraising@themulberrycentre.co.uk and we will help you devise a fabulous fundraising plan!

All runners are invited to visit the Centre and will get a T-shirt to run in.

Collecting sponsorship

JustGiving is a fun and easy way to fundraise online which saves us money too! We've created this quick guide to help you set up your fundraising page.

If you receive cash donations do pay them in online which saves the Centre having to pay JustGiving fees. [Donate to The Mulberry Centre](#)

A sponsorship form is outline on the next page.

For more information on raising sponsorship and setting up a Justgiving page please see our fundraising guide.

For more info regarding the Runfest and the activities visit www.richmondrunfest.co.uk

We are here to help!

Your support is vital to everyone at The Mulberry Centre and it makes a real difference.

Here are some of the ways that your sponsorship money could help:

- ♡ £30 could help towards providing counselling session for someone who needs emotional support.
- ♡ £50 a month could pay towards registering a client to access our services.
- ♡ £100 could provide a course of complementary therapies for someone undergoing chemotherapy.
- ♡ It cost over £1400 to keep our doors open for a day.



Find us on



Visit our Website www.themulberrycentre.co.uk/

The Mulberry Centre, WMUH,

Twickenham Road

Isleworth

TW7 6AF

Tel: 020 8321 6300

fundraising@themulberrycentre.co.uk

www.themulberrycentre.co.uk

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