



Richmond RUNFEST 2022



Kew The Run

Kew Gardens 10K – Saturday, 9th April

Kew Gardens Half Marathon – Sunday, 10th April 2022

Richmond Runfest

AIR: 10K – Saturday, 10th September 2022

Richmond Half Marathon – 11th September 2022

Richmond Marathon – 11th September 2022

Thank you for supporting us!

www.themulberrycentre.co.uk



Take on a running challenge in 2022!

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

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

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.



'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



Important Information

Kew The Run

Kew Gardens 10K

Date: Saturday, 9th April 2022

Location: The Orangery, Royal Botanic Gardens, Kew. Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

Time: race starts at 8.20am

Minimum age: 15

Run London's flattest course on roads and paths in the beautiful surrounds of Kew Gardens. After the event, finishers and their families will be treated to an afternoon of live music and a picnic.

Kew Gardens Half Marathon

Date: Sunday, 10th April 2022

Location: The Orangery, Royal Botanic Gardens, Kew. Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

Time: race starts at 8.20am

Minimum age: 17

Run London's flattest course on roads and paths in the beautiful surrounds of Kew Gardens. Mixture of flat tarmac inside Kew Gardens with multi terrain on the towpath – no hills. After the event, finishers and their families will be treated to an afternoon of live music and a picnic.

Kew The Run

AIR: 10K

Date: Saturday, 10th September 2022

Location: The Orangery, Royal Botanic Gardens, Kew. Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

Time: race starts at 8.20am

Minimum age: 15

AIR stands for Audio Inspired Running and the event is actively encouraging runners to beat the headphone ban and enjoy a 10K run inside Kew Gardens. Join in and run London's flattest course on roads and paths in the beautiful surrounds of Kew Gardens. Minimum age 15.



Richmond Half Marathon

Date: Sunday, 11th September 2022

Location: The Orangery, Royal Botanic Gardens, Kew. Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

Time: race starts at 8.55am

Event distance: 13.1 miles

Minimum age: 17

Join in and run Richmond Half Marathon taking runners on a tour of Richmond. Once you've finished, kick back and enjoy family-friendly Old Deer Park, with live music and a selection of refreshments.

Richmond Marathon

Date: Sunday, 10th September 2022

Location: The Orangery, Royal Botanic Gardens, Kew. Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

Time: race starts at 8.00am

Event distance: 26.2 miles

Minimum age: 18

Join in and run London's flattest course on roads and paths in the beautiful surrounds of Kew Gardens. Once you've finished, kick back and enjoy family-friendly Old Deer Park, with live music and a selection of refreshments.

Races allow 2x adults and 2x children (under 16) to enter with you for free when you arrive for the race!



Cancellation policy

All races have now been confirmed and they are not transferable and non-deferable.

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 contact our fundraising team on 0208 321 6304 or email fundraising@themulberrycentre.co.uk

We will be on hand to give you support and advice to help you with a fundraising plan.

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

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

Collecting sponsorship

JustGiving is a fun and easy way to fundraise online and it is quick and easy to set up your page. We've created a fundraising pack to help you set up your fundraiser.

If you receive cash donations you can transfer them online which saves the Centre having to pay JustGiving fees. Please pay to the CAF Bank, 25 Kings Hill Avenue, West Malling, KENT, ME19 4JQ for the credit of The Mulberry Centre (Account No.: 00096650 Sort Code 40-52-40).

A sponsorship form is available to download on our website



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:

- £10 a month helps to run a support group so that people can talk with others going through a similar experience.
- £20 a month helps to provide guidance to someone who may be experiencing financial worries.
- £30 a month helps towards providing a counselling session for someone who needs emotional support.
- £50 a month helps pay towards registering a client to access our services.
- £100 a month helps to provide a course of complementary therapies for someone undergoing chemotherapy.
- It costs over £1,700 to keep our doors open and provide services for a



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

Registered Charity Number 1108999

