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# Richmond RUNFEST



Kew Gardens 10k  
Saturday 12 September 2020

Marathon and Half Marathon  
Sunday 13 September 2020

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Thank you for supporting us  
[www.themulberrycentre.co.uk](http://www.themulberrycentre.co.uk)

# Richmond RUNFEST

Take on a running challenge in 2020!



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

**The Mulberry Centre provides free support and information to anyone affected by cancer.**

**Our supporters help make this possible!**

*‘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

## The Runs

### Kew Gardens 10K

♥ Saturday, 13 September 2020

Run London's flattest course with only 2000 participants on roads and paths in the beautiful surrounds of Kew Gardens. Minimum age 15.

### Richmond Marathon and Half Marathon

♥ Sunday, 12 September 2020

Run London's flattest marathon. You will run through London's greenest borough including Kew Gardens, Richmond Bridge and Hampton Court Palace. With three famous bridges, two Royal Palaces and one famous river this race has been described as "the World's most scenic Marathon! Minimum age 18.

- ♥ Entry includes to free adult and unlimited children's ticks into Kew gardens for friends and family
- ♥ At the end of the race you receive a medal, goody bag, Nike Tech T shirt, glass of bubbly and official race photo
- ♥ On Sunday enjoy a fantastic music festival with live music at Richmond Food & Fitness Expo.



## Location

Both events start at The Orangery, Royal Botanic Gardens, Kew.  
Enter via Elizabeth Gate Entrance, Kew Green, TW9 3AB.

## Times

- ♥ Kew Gardens 10K – start at 8.30am
- ♥ Richmond Marathon and Half Marathon – start 8.00 am

## Sponsorship pledge - we ask runners to raise:

- ♥ a minimum of £300 for the 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)

## Cancellation policy

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.



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# 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](http://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](mailto: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. [Here](#)

For more info regarding the Runfest and the activities visit [www.richmondrunfest.co.uk](http://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:

- ♡ £15 could help towards running a support group so that people are able to talk with others going through the same journey
- ♡ £50 is the cost of providing a counselling session for someone having Chemotherapy.
- ♡ £100 could help towards the cost of a course of complementary therapies for someone who has just lost a loved one to cancer
- ♡ £1600 will help us keep us running our services for one day



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and twitter @mulberrycentre

Visit our Website [www.themulberrycentre.co.uk/](http://www.themulberrycentre.co.uk/)

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[www.themulberrycentre.co.uk](http://www.themulberrycentre.co.uk)

Registered Charity Number 1108999

