



Run for All Sheffield 10K

Sunday 29 September 2024

GUIDANCE DOCUMENT

TO BE READ BY PARTICIPANTS BEFORE COMPLETING YOUR ENTRY FORM

Event details

- On Sunday 29 September 2024 thousands of runners will descend on the city's streets to take part in the Run for All Sheffield 10K.
- The University are calling on individuals to run in the event for MND research
- With a city centre start and finish, the event boasts a challenging and scenic route touching on Endcliffe and Bingham Park, as well as the Botanical Gardens.
- The event is being organised by Run for All Ltd.
- Campaigns and Alumni Relations (CAR) has purchased charity places and will be responsible for signing up the runners to Run for All.
- The University and CAR take no responsibility for the organisation of the Sheffield 10K.
- CAR will be organising an area where friends and family can congregate to cheer our team on and raise awareness of MND research.
- For full event details and the route map visit: runforall.com/events/10k/sheffield-10k/

Entry

- To register for one of the Sheffield 10K spaces, participants **MUST pay the £10 entry fee** here: sheffield.ac.uk/giving/fundraise/sheffield-10k-payment
- Places will be allocated on a first come, first served basis.
- Your place will be confirmed at the point of payment
- Should places become filled we will be asking applicants to join a reserve list. Once your place on the reserve list is confirmed you will be contacted to fill a space.
- After we have confirmed your place, we will enter your name and e-mail address into Run for All's online registration system. This system sends you an e-mail inviting you to join the University of Sheffield's team.

Cancellation

- If you can no longer take part in the event it is important that you notify us as soon as you can so that we have the best chance of allocating your place to another fundraiser.

The event day

- The University of Sheffield will be organising a group of volunteers to help propel runners to the finish line. Further details will be available nearer the day of the run. We would encourage runners to ask their friends and family to join the cheering squad on the day.

Minimum Sponsorship / Fundraising

The charity places have been purchased to help raise funds for Motor Neurone Disease research at the University of Sheffield. We are really excited to be supporting this cause through our Community Fundraising. MND research has now reached a point where life-saving treatments are potentially on the horizon. And Sheffield is more than ready to be a frontrunner to find the answers. [The University of Sheffield has world leading MND researchers working tirelessly to find a cure for this debilitating disease](#). Sheffield has already been the first UK site invited to use genetic therapy trials for MND. And this therapy is helping to advance our research to ultimately deliver treatments to patients living with this devastating condition. **Your support can make a much needed breakthrough in MND come sooner. And improve the lives of patients long into the future.**

It is hoped that the Sheffield Half Marathon will make a significant contribution to MND research and so each participant must agree to raise a **minimum sponsorship of £150**, although it would be great if many runners can raise significantly more than this minimum.

- Ideally all participants must have raised and paid in all of their sponsorship money by **Monday 16 December 2024**.
- Participants will be asked to set up a Just Giving page **via a specific link** in order to raise donations. **Please do not set up your page until you have this link.** Support will be given to participants in order to help them set up a fundraising page. A fundraising pack will be sent via email to all participants.
- Fundraising can be done offline as well, we encourage participants to ask around their office, friends and family. If participants wish to run a small event such as a bake-sale, we are happy to provide labelled tins/buckets, just drop us an email.
- Runners will receive a “MND Research” branded T-shirt prior to the run if they have notified us that they would like to receive one. If this decision is changed at a later date then we cannot guarantee a t-shirt will be provided.
- The University of Sheffield is an exempt charity (X1089) and Gift Aid can be collected on all eligible donations. The University is registered with the Fundraising Regulator.

Further information and Support

If you have any questions or would like to get in touch about any aspect of the run, please email the Community Fundraising team at giving@sheffield.ac.uk. Alternatively, please contact the Giving team by emailing: giving@sheffield.ac.uk, or telephone 0114 222 5598.