



# Jingle Jog 2025

Sunday 14<sup>th</sup> December 2025

Kindly sponsored by:





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# Jingle Jog Event Information

This pack includes all the important information you will need ahead of the event.

**Event Location:** Frimley Lodge Park, Sturt Road, Frimley Green, Camberley GU16 6HY

## Start Time & Arrival on the Day

The welcome and warm up will begin at 8.45am. The 5K race will start promptly at 9am and 1K Fun Run at 10.30am. Please note, finishing times will NOT be recorded for the Fun Run. The 5K prize giving is at 10am. ARRIVE EARLY to give yourself enough time to park, use the facilities and collect your runner numbers (organised by surname A-Z). Please also ensure you collect your safety pins, Santa hats and jingle bells from race HQ at Frimley Lodge Park anytime from 8am (if you didn't collect these previously at Parkrun). If you already have your race pack, don't forget to bring this with you, and no further registration is required. Runners must wear a bib number to participate.

## Event Emergency Contact Number

Our emergency contact number is **07341 884086**. Please save this in your phone prior to event day. Pre-Med Ambulance will be providing medical cover. Should you need assistance, feel unwell or are unable to complete the race, please speak to a marshal or call our emergency event contact number above. We have a Medi-bike out on the course to offer a quick response. As a precaution, runners are encouraged to add any pre-existing medical conditions/medication together with an emergency contact number on the back of their race bib as an aid to medical services should they be required. Please download the app '**what3words**' prior to the event, as this will enable us to get to you quicker by knowing your exact location, should you require any medical assistance.

## Car Parking

The closest car park is at Frimley Lodge Park and is available for free. We encourage the use of public transport and car sharing as much as possible to help reduce congestion. Please park in dedicated bays only in the main car park located immediately on entering the park and in the overflow car park (weather dependent). Parking on approach roads and non-marked areas may result in a parking ticket. Follow the signs to the race HQ located at the back of the pavilion/café. Parking marshals will be onsite to assist.

## Prize Giving

The award categories for this year's 5K event are: Junior Male 16 & under, Junior Female 16 & under, Senior Male 17-39, Senior Female 17-34, Male Veteran 40-49, Female Veteran 35-44, Male Senior Veteran 50-59, Female Senior Veteran 45-54, Male Super Veteran 60+, Female Super Veteran 55+.



## **Pushchairs & Dogs**

Unfortunately, the 5K route is NOT pushchair friendly, due to 6-7 steps down onto the Canal Towpath at just after 3K, and uneven/soft multi-terrain surfaces throughout. This however does not apply to specifically designed running pushchairs. The 1K route takes place entirely within the grass fields of Frimley Lodge Park and is accessible to all. If you're running with a dog, please ensure they always remain under control and on a short non-extendable lead by your side at all times, especially on the public road and do not let them off the lead for the events entirety.

## **The Route & Roads**

**Both Routes** – Please note, both routes involve running through some fun festive surprises including our snow zone. Please let our elves know if you wish to avoid the snow. **5K Only** - The first 1K has road traffic management marshals in place with stop/go signs stopping the traffic. Roads are live and traffic has priority. Please adhere to marshal instructions at all times. Please do not run in the road. The course is mainly off road and soft in parts, so please take care as the course could be slippery/icy in places (especially when approaching the bridges). Dress accordingly, with appropriate clothing and well-gripped trail shoes, as due to recent weather the course is extremely wet and muddy. Tree roots and hanging branches are evident throughout the course so please keep focused on what's in front of you. There are public roads to cross as well as running along the open water canal towpath, so please make sure young children are supervised at ALL times.

## **Chip Timing & Race Numbers**

The timing chip (5K only) is embedded into your race number that you collect on race day from Race HQ. Please always keep your running number visible on the front of your running top using safety pins provided. This is necessary for identification and accurately verifying your race result. Do not cover your race number with your costume or fix your race number to your back. Your official times will be uploaded on the day to the link below if you wish to view your time:

Results Link: <https://results.racetimingsolutions.co.uk/results.aspx?CId=16269&RId=22004>

## **Refreshments & Toilets**

We will NOT be providing individual plastic water bottles to reduce our environmental impact. Instead you MUST bring your own water bottles with you to drink whilst you are out on the course. You will be able to refill them at the finish line. We will have finish line refreshments and delicious catering available at the finish line, once you have completed the race. Toilets are located at the front of the pavilion close to race HQ.

## **Christmas Fancy Dress**

This is optional but desirable, and all runners will be given jingle bell anklets and a Santa hat to wear, to bring the race alive and keep that festive spirits high. We recommend the jingle bells provided to be worn on each ankle to create a mass jingle at the start line and throughout the race. Please remember to bring these with you and your race no. if you collected these at parkrun.

## **Before the Race/Event Village Facilities**

Changing rooms will be available located adjacent to the race HQ, but we recommend arriving ready to run. Please do not leave any item of value in the changing rooms as they will not be supervised or locked. Event organisers will not be held responsible for any personal items that may go missing. All items left in the changing room and vehicles are at your own risk. We will NOT have a bag drop at the event. So please bring minimal items with you and where possible come 'run ready'. Don't forget to visit our Event Village filled with delicious food stalls, local businesses, entertainment and music.

## **Photography**

We have photographers and videographers with us on the day around the course and at the Start/Finish area. If you'd prefer us to not take your picture for future marketing purposes, please make our Event Team and photographers aware on the day. We encourage runners and spectators to upload any photos they take to social media using #TeamFHC and #JingleJog25

## **FHC Stand / Sponsorship**

Our FHC stand will be selling a selection of run tech t-shirts to purchase on the day, if you have not already got yours prior. Remember, if you're a charity runner, you may receive one free if you hit £100 or over in your fundraising! This can be collected from the FHC Merch stand if this applies to you. We will also have a fun spin to win game here for you and your loved ones to take part in and win prizes. You can also pay in any offline donations to the Charity Team here. We understand raising sponsorship can be difficult, however, your entry fee only covers the cost of staging the event, so if you are able to, it will help make a huge difference to our patients!

# Thank You!

On behalf of all our patients, their families and our dedicated NHS staff, thank you for taking part in Jingle Jog and choosing to support Frimley Health Charity! We hope that you enjoy the event, and you make this a permanent fixture in your diary for many years to come.

# 5K Route Map





**I'm Jingle Jogging for...**

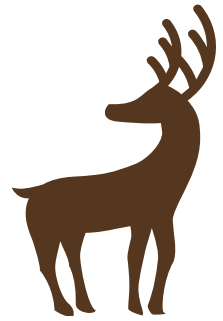


**Frimley Health  
Charity**

**I'm Jingle Jogging in memory of...**



# How To Create Your Perfect Fundraising Page



## Step 1 Write Your Story



- Why you decided to fundraise?
- Why the charity means so much to you?
- What event or challenge you're taking part in.
- How easy it is for your supporters to donate?

## Step 2 Fundraising Goal



- Setting a fundraising target can boost your donations by 17%.
- It gives your supporters a goal to get behind.
- Increase your target as you go.

## Step 3 Pics & Vids



- Adding pics & vids can boost your donations by 23%.
- It's the first thing your supporters will look at.
- Use Canva & Pixlr to create a great cover photo.

## Step 4 Post Updates



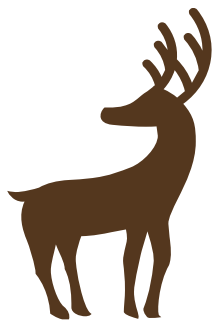
- Those who post updates on their page, can boost their donations by 8%.
- Use your page as a diary, your supporters will love to see what you're up to.
- Every milestone matters.

## Step 5 Thank You Msg

*Thank  
You*

- Personalise a 'Thank You' message to let your donors know they are appreciated.
- Manners go a long way - they might even donate again!
- It adds a personal touch and leaves a positive lasting feeling.





# Top 10 Tips

## For Your Fundraising Page



### Step 1

#### Get Snappin'

Pictures or videos raise 13% more per photo.



### Step 2

#### Tell Your Story

You could raise 65% more if you help your readers to understand why you're fundraising.



### Step 3

#### Set A Target

Pages with a target raise 17% more. So why not aim high!



### Step 4

#### Share on Socials

Share your page on Facebook, Instagram, Twitter/X, TikTok and WhatsApp to help you raise more.



### Step 5

#### Utilise Other Methods

Don't forget the friends, colleagues, and family members who are not on social networks. Utilise emails, texts and phone calls here.



### Step 6

#### Videos

Videos really help tell your story and why your cause is so important.



### Step 7

#### Link Fitness Apps

Raise 111% more and have supporters keep track of your progress if you link your Strava, Fitbit etc.



### Step 8

#### Update Page

Update your page often to thank your supporters and update them on your progress.



### Step 9

#### Self Donate

Those who donate to their own page to get them started raise a whopping 84% more!



### Step 10

#### Thank You

20% of donations come in after your event has ended, so make sure you follow up to thank your supporters.



# Jingle Jog Sponsorship Form



Name: \_\_\_\_\_

Address (with postcode):

Email Address:

[illegible]

Amount Collected

[illegible]

Please pay all sponsorship money via your chosen payment method and return this form to The Fundraising Department, Frimley Park Hospital, Portsmouth Road, Frimley, Camberley, Surrey, GU16 7JL. We will only use the details that you have provided for the purposes of administering your donation and for claiming Gift Aid.

If you would like to know of other ways to improve patients lives, please contact our fundraising team on 0300 615 3206 or email [frt.fundraising@nhs.net](mailto:frt.fundraising@nhs.net).





# Get In Touch

**If you have any questions or queries please get in touch:**

 [fhft.events@nhs.net](mailto:fhft.events@nhs.net)

 0300 615 3206

 [frimleyhealthcharity.org](http://frimleyhealthcharity.org)



Registered Charity Number: 1049600

