



# Run Frimley 2025

Sunday 4th May



Thank you to our  
long-term sponsors...

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# Run Frimley 2025 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 GU16 6HY

## Date and Key Times:

Run Frimley takes place on Sunday 4<sup>th</sup> May 2025. The What3Words location of the event is: <https://w3w.co/clearcut.gets.patio>. The 10K race will start promptly at 09:30am (race pack collection 8:30am-9:15am). The 5K race will start promptly at 09:45am (race pack collection 8:45am-09:30am). Our 5K & 10K warm up will take place around 9:10am and both routes are entirely closed roads, so please wear suitable footwear and clothing. The Colour Fun Run will start promptly at 11:30am (participants to arrive for 11:00am or are welcome to arrive earlier to watch the previous races and enjoy The Event Village - kindly sponsored by Lenovo - full of food stalls, shopping and entertainment for all ages).

## Arrival On The Day:

You will be able to arrive at the venue any time from 08:30am. ARRIVE EARLY to give yourself time to park, use the facilities and get ready for your run. Please also allow enough time if you need to collect your runner numbers on the morning of the event (if you registered after Thursday 17<sup>th</sup> April at midday). This can be collected anytime from 8:30am onwards, organised in alphabetical order by surname. If you already have your runner number sent in the post, don't forget to bring this and your safety pins with you, no further registration is required. Runners must wear a bib number to participate. If you have any queries, please report to the registration desk.

## Car Parking:

The closest free car parks are at Frimley Lodge Park, Sturt Road, Frimley Green, Camberley, GU16 6HY. There are various car parks onsite, but you will be guided to the correct car parks for the event by our car park marshals. Depending on whether you arrive early or not, depends on which car park you will be situated in. Please note that the overflow car park is further and approximately 5-minutes walk away from The Event Village, so please allow time for this. We encourage the use of public transport and car sharing as much as possible to help reduce congestion. Parking marshals and signage will be onsite to assist. From the overflow field, please walk back up, via the fields and not on the roads, in the direction of the main entrance to The Event Village in the top right field behind the café.

## Bib Numbers & Chip Timing:

Your bib number with timing chip attached will be posted out to you. If we are sending more than one bib number to the same address, please make sure you give each member their allocated number as per the enclosed details. It is vital that the correct person wears the correct bib number. The bib number should be uncovered and attached to the front of your running clothes using safety pins. Don't forget to bring these with you on the day! 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=22060>

## Bag Drop & Water:

There will be a bag drop located in The Event Village kindly sponsored by Lenovo for participants, but where possible, please do try to arrive 'run ready'. If you need to leave a bag, please keep this as small as possible with minimal items. Personal items are left at the owner's own risk and race organisers will not be held responsible for any loss. Please note that we will NOT be providing individual plastic water bottles at this event 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 water stop (10K only) and at the finish line.

## Medical/Emergency Contact Number:

Our emergency contact number on event day is **07858 605702**, please note this is included on the front of your runner number. St John Ambulance will be providing the medical cover. Should you need assistance, feel unwell or are unable to complete the race, please speak to a route marshal. As a precaution, runners are encouraged to add any pre-existing medical conditions/medication together with an emergency contact number on the reserve side of their race bib, as an aid to medical services should they be required.

## The Course (Incl Health & Safety) - PLEASE READ:

Our 5K & 10K routes are entirely closed roads, but please exercise extreme caution out on the course, especially if it has rained or is icy prior to race day, as the course could be wet and slippery in places. Please KEEP LEFT and follow the signs and marshals' directions throughout the route's entirety. Upon finishing, please move swiftly through the finish funnel and collect your medal and finisher items to avoid any congestion. Please note, anyone out on the 5K & 10K route after 11.30am will be collected in our sweeper vehicle. The fire evacuation point when you're in The Event Village will be located in the next field along where the café/play area is situated in the far top right-hand corner (there are visible signs for this). Please ensure you are wearing appropriate clothing, which is also adaptable to varying weather conditions. Please also make sure you are wearing appropriate running footwear, as the ground may be uneven, slippery, or muddy. Sunscreen and a hat are also advised should it be sunny. If you're taking part in the 5K or 10K you also have the option to take part in the colour fun run FOR FREE. Please ensure you keep your 5K/10K race number on, as this is your 'free ticket' to enter the Colour Fun Run. Please note, if you are taking part in our Colour Fun Run and entering the powder paint/bubble zones, please wear clothes you are happy to get the paint and bubbles on. We will not be held liable for any damage to property.

## Event Village Kindly Sponsored By Lenovo:

Don't forget to visit Our Event Village kindly sponsored by Lenovo filled with delicious food stalls, shopping, activities, children's corner and entertainment for all ages including a circus workshop, music and a post-race massage. There will also be toilets onsite, however there will not be any toilets out on the routes.

## Frimley Health Charity Stand:

A selection of run tech t-shirts, including our NEW design will be available to purchase on the day if you have not already purchased this prior. Remember, if you're a charity runner, you will receive one for FREE if your fundraising reaches £100+. Frimley Health Charity branded merchandise will also be available from the stand. You can also pay in any offline donations to the Charity Team at this stand. 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 staff, patients, and their loved ones.

## What3Words:

Please download the app 'what3words' prior to the event as a location tool, as this will enable us to get to you quicker by knowing your exact location if you require assistance during the event.

## Prize Giving:

The prize categories for this year's event are: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for 10K & 5K (Male & Female), 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for Fun Run (12 years and under), 1<sup>st</sup> Male 10K – V40 (40 – 49 years old), 1<sup>st</sup> Male 10K – V50 (50 – 59 years old), 1<sup>st</sup> Male 10K – V60+ (60 years or over), 1<sup>st</sup> Female 10K – V35 (35 – 44 years old), 1<sup>st</sup> Female 10K – V45 (45 – 54 years old), 1<sup>st</sup> Female 10K – V55+ (55 years or over). 10K and 5K winners (excluding the veteran categories and Fun Run winners) will receive their prize and trophy during the prize giving ceremony post-race. This is scheduled for 10:30am on the stage in The Event Village. All veteran category winners will be notified post-race with your bespoke medal sent directly to you in the post.

## Fundraising:

Your entry fee only covers the cost of staging the event. Therefore, where possible, we kindly ask you to use this opportunity to raise extra funds from family, friends, colleagues, and neighbours. We understand getting sponsorship can be difficult, but if you are able to, we can together help fund life-saving equipment, transform hospital spaces and support the wellbeing of our incredible NHS staff. This makes a huge difference to our patients, their families, and our amazing staff for which we truly thank you!

## Photography:

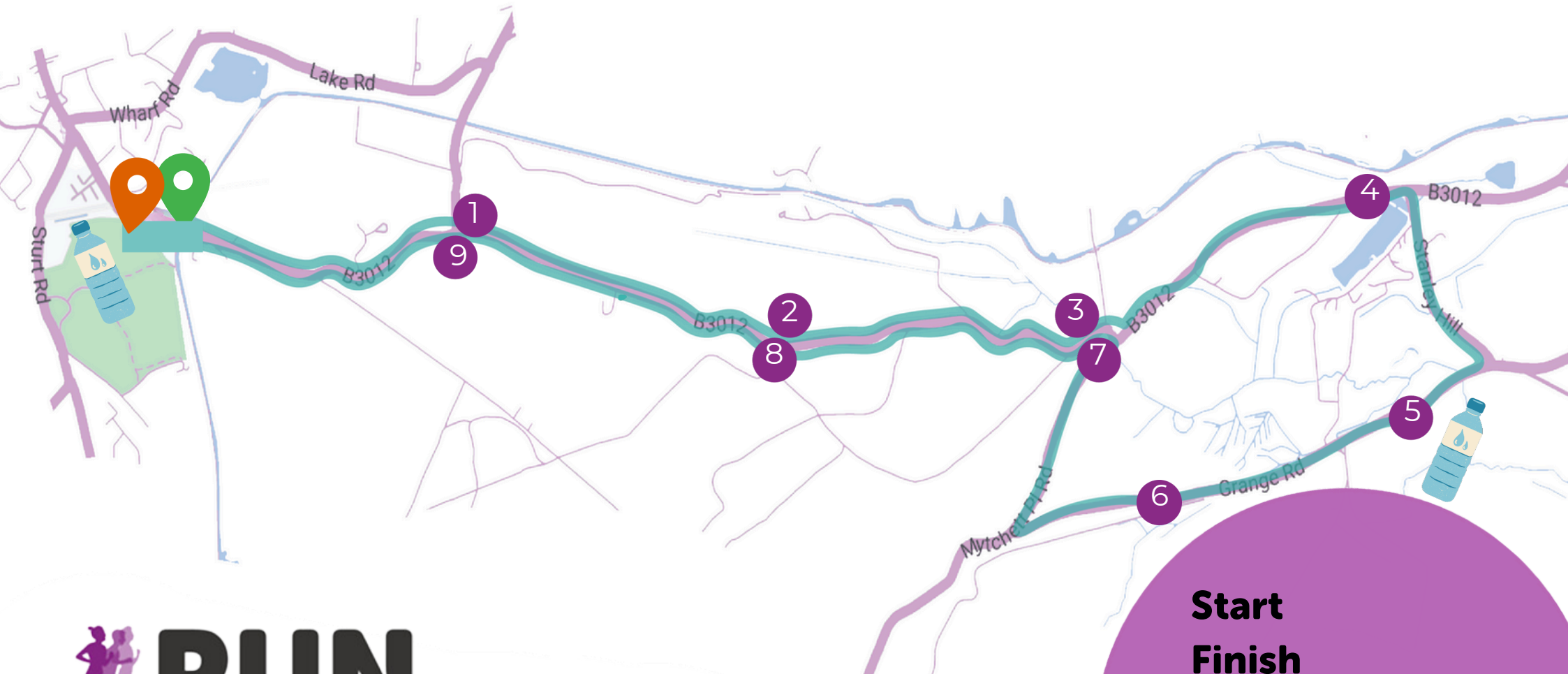
We have a professional photographer and videographer with us on the day, making their way around the course and at the start/finish area. If you'd prefer that we didn't include you in future marketing, please kindly let them know. We encourage any runners/spectators to upload any photos you take to social media using #RunFrimley25.

# Thank You!



On behalf of all our patients, their families and the dedicated staff at the Frimley Health NHS Foundation Trust, THANK YOU for taking part in Run Frimley and choosing to support Frimley Health Charity! We hope you enjoy the event and make it a permanent fixture in your diary for many years to come, see you on the 4<sup>th</sup>!

# 10K Route Map

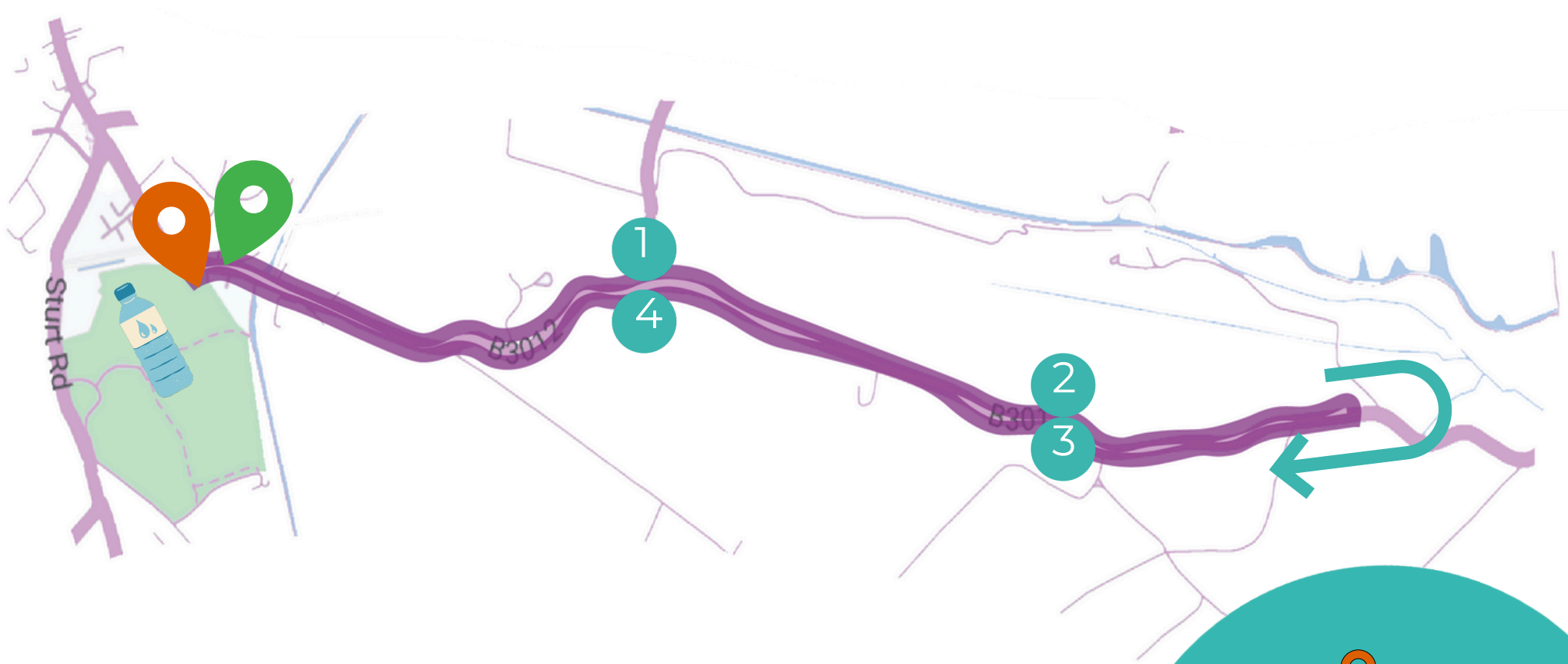


 **RUN**  
**FRIMLEY**

**Start**  
**Finish**  
**Water Station**  
**KM markers** **4**



# 5K Route Map



 **RUN**  
**FRIMLEY**

**Start**   
**Finish**   
**Water Station**   
**KM markers** 



**I am running for....**





**I am running 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

### Pictures & Videos

- 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

- 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 5

### Thank You Msg

- 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

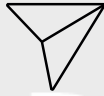
# Top 10 Tips

## For Your Fundraising Page



### Step 1 Get Snappin'

Pictures or videos raise 13% more per photo.



### Step 2 Share on Socials

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



### Step 3 Link Fitness Apps

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



### Step 4 Tell Your Story

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



### 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 Update Page

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



### Step 7 Set A Target

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



### Step 8 Videos

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



### 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.





[illegible]

\* I confirm that I am a UK income or capital gains taxpayer. I have read this statement and want Frimley Health Charity to reclaim tax on my donation. I understand that I must pay an amount of income tax and/or capital gains tax in the tax year that is at least equal to the tax that Frimley Health Charity, and any other charities and CASCs I donate to, will reclaim on my donations for that tax year (council tax and VAT do not count). I understand the Frimley Health Charity will claim 25p in tax back for every £1 gift aided. Registered charity England and Wales 1049600.

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 7JU. 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 [fhft.fundraising@nhs.net](mailto:fhft.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)

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**Frimley Health  
Charity**



Registered with  
FUNDRAISING  
REGULATOR

Registered Charity Number: 1049600