

MEDWAY'S HOSPITAL HEROES 5K RUN

INFORMATION
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CALLING ALL SUPERHEROES!

Join us on Sunday 23 June and become a real-life hero for charity!

Medway's Hospital Heroes is a fun-filled 5k run in the beautiful setting of Great Lines Heritage Park, Gillingham.

Taking place on **Sunday 23 June**, you will be able to run, walk, fly or teleport your way around our family-friendly route and become a hospital hero as you cross the finish line. You'll enjoy music, face painting, an energetic warm-up and lots more, before setting off around the park at 11am amid a sea of superheroes.

TIMES

On arrival, meet in the north east corner of the park, opposite Medway Park Sports Centre, to sign in at the registration desks.

There will be a warm up 10 minutes before the start time.

- ▶ 10am - Registration opens
- ▶ 11am - Run starts

RECRUIT YOUR SUPERHERO SQUAD

We are encouraging runners to sign up as a team and run the course together. It would be great to see patients, families, friends of the hospital and staff all taking part and raising sponsorship money.

EVENT ADVICE

- Everyone is welcome. This is an event which the whole family can enjoy. Don't worry about how quickly you make it around the route as it isn't a timed event.
- When running, take care on uneven surfaces - whether on grass or on tarmac.
- Remember to warm up before the event.
- For this challenge you can run, walk or jog your way around the route.

WHAT'S INCLUDED?

- Your place in this heroic 5K challenge
- A free superhero gift
- Bottles of water
- Energetic comic hero style warm-up
- Fundraising support
- A marvellous medal when you finish the race

CLOTHES

Fancy dress is optional, but we would like to encourage everyone to dress for the theme and come as your favourite superhero character. Remember to wear appropriate footwear for running or walking.

There will be prizes for the best dressed adult and child on the day!

DOGS

Our friendly canine companions are welcome to attend and dress up. Please ensure they are kept on a short lead or harness and be mindful of the conditions on the day. *Please remember to clear up after your pet.*

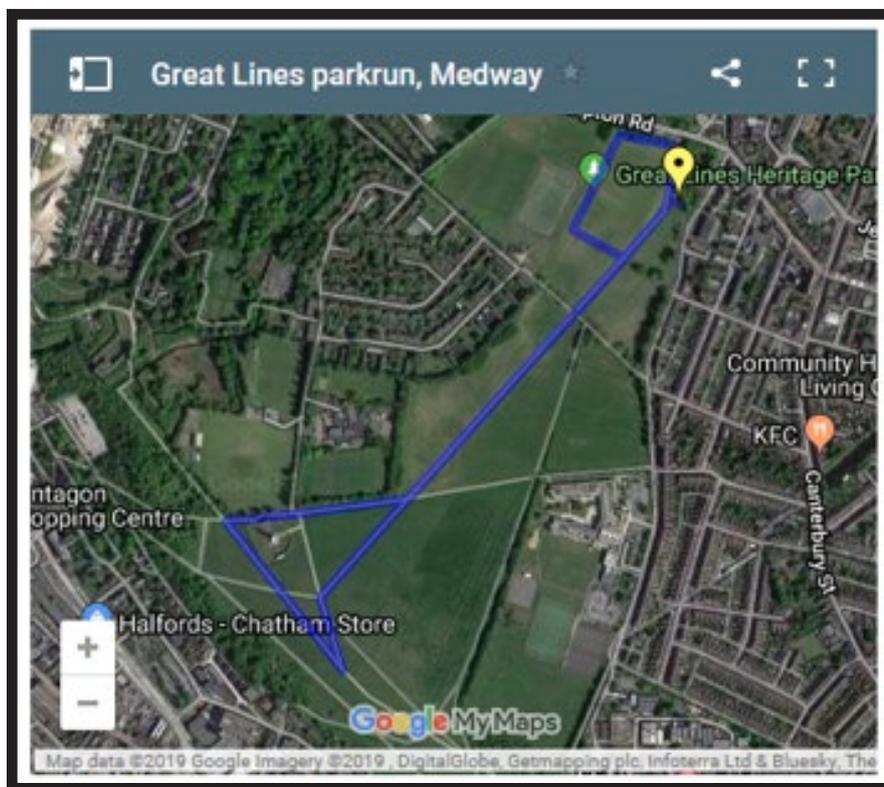


ABOUT THE ROUTE

The 5K run begins with a lap of the football field before joining the path to Chatham Naval Memorial. A loop of the Memorial brings you back to the path and a return to the football field. This is completed twice.

The route is run on a mixture of granite resin and gravel paths and grass. Marshals will be at key sections of the course and signs will be in place.

Please be considerate to the park and other park users.



PARKING

Public transport is strongly advised.

However if you do have to drive, please consider car-sharing. There is limited free parking in Marlborough Road for up to 2 hours, but there are several pay and display car parks in Medway Park and Gillingham town centre which are within a convenient walking distance of the start. Please note that parking in the adjacent residential areas is limited to residents only.

For satellite navigation systems, the post code for the adjacent Medway Park Sports Centre is **ME7 1HF**.



GETTING SPONSORS

We rely heavily on the help and generosity of our fundraisers, donors and volunteers. Without you we wouldn't be able to support Medway Maritime Hospital. So why not become a real superhero and raise the much-needed sponsorship for your local hospital.

WHAT COULD YOUR SPONSORSHIP PAY FOR?

Through your fundraising the charity is able to support the work of Medway NHS Foundation Trust and use the money you raise to improve the experience of patients, visitors and staff by funding projects and equipment that fall outside of the NHS budget.

▶ For example £50 could pay for craft supplies for young patients to enjoy with our specialist play leaders.

THANK YOU

Thank you to MC Personnel for sponsoring the Run. Their support has been vital in helping us to stage our first charity run event.

MC Personnel is a recruitment company in Gillingham, Gravesend and Ashford established in 1998, specialising in the overall requirements of the Industrial, Engineering, Catering, Office, Driving and Construction business sectors throughout Kent, South East London and Essex.

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