

Fitness <<

# Windsor Running Festival



There is still time to get involved in the Windsor Running Festival

## **Run the Windsor Half Marathon for charity or sign up to the Running4Women Windsor 10K**

You might have seen an ever-increasing number of runners pounding the pavements and hitting the trails during the summer months. This is no surprise, with running an easy and affordable option to be active, enjoy time for yourself and get fit(ter). With the holidays just around the corner, many runners are rediscovering their love of running as they are running in new surroundings, with no pressure of work or household chores. This is the perfect time to set yourself a challenge and sign up to an autumn race, which will keep you focused and motivated long after that holiday feeling has vanished.

The Windsor Running Festival offers something for everyone over the weekend of 26th and 27th September and is the perfect event to get involved in.

The **Running4Women Windsor 10K** takes place on **Saturday 26th September** and the organisers are expecting a record-breaking number of female runners of all ages and levels on the start line this year, including club runners, charity runners and many beginners who will be running their first 10K in Windsor Great Park. The Running4Women Windsor 10K is one of the first women-only events in the UK and it has been growing in size and popularity over the years. Runners can also sign up as a team of friends, and mothers and daughters can enter the **Generation Game Challenge** with prizes available for the fastest teams (lowest aggregate times) as well as for the best fancy dress. Entry fees are £16.50 for UKA members and £18.50 for unaffiliated runners, and entry is open now. Go to [www.running4women.com](http://www.running4women.com) for further details and to sign up.

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Public places for the Windsor Half Marathon on **Sunday 27th September** sold out in May, but you can still enter the iconic race through one of the official charities including **CLIC Sargent** (Platinum Charity Weekend Partner), **Cancer Research UK** (Gold Charity Weekend Partner) and **Help for Heroes** (Silver Charity Weekend Partner). **Leukaemia & Lymphoma Research** and **The National Brain Appeal** are the **Bronze Charity Weekend Partners**, and **Alzheimer's Society**, **Childlife**, **CRY**, **Daisy's Dream** and **Roy Castle Lung Cancer Foundation** are Copper Charity Weekend Partners. Please go to [www.runwindsor.com/charities/](http://www.runwindsor.com/charities/) for further details on how to register for a charity place and to secure your place on the start line of this year's Windsor Half Marathon.

**Tabitha Haydon, running events manager at CLIC Sargent, said:** "We hope to raise £100,000 through this amazing partnership which will help us continue and expand our work in supporting children and young people with cancer, and their families. CLIC Sargent running places in the Windsor Half Marathon and the Running4Women Windsor 10K are available on a first-come, first-served basis and all the money raised by runners will help the charity continue to support families affected by childhood cancer. Just contact us on [run@clicsargent.org.uk](mailto:run@clicsargent.org.uk) or on **0845 602 4770** and we will sign you up. We'd also love to hear from you if you have your own place in the event."

The Windsor Running Festival also incorporates the 2.5-mile **Glynn Shefford Memorial Run** aimed at runners aged ten and above and the **Sprite Sprint** run where five to nine year olds run 40m.

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Both the Windsor Half Marathon and the Running4Women Windsor 10K start and finish on The Long Walk and offer fantastic views of Windsor Castle. The race village for both events is in Windsor Great Park with a range of entertainment and catering options for the whole family, plus great facilities for the runners. There is also free onsite parking for runners and supporters near the race village throughout the weekend.



**everydayhero** is the official fundraising platform for the Windsor Running Festival, helping people all over the world connect with and support the causes they love. Giving isn't just about money – you give your time, your voice, your energy, your heart... all of which makes a difference to the causes you care about. **everydayhero** is dedicated to making giving easier, more accessible and more rewarding for fundraisers. Join **everydayhero** if you want to do good, feel good about it, and have a greater sense of all that you give. **#everythingcounts**

Tips from everydayhero ([www.everydayhero.com/uk](http://www.everydayhero.com/uk)) to help you fundraise:

1. **Tell your story:** let supporters know *why* you are fundraising. Share your passion and make it personal.
2. **Contact your charity:** they will love to hear from you, and ask if they have any materials or tips to help you fundraise!
3. **Share:** Share on Facebook, Twitter, etc. If someone isn't able to donate, ask them to share and help spread the reach of your efforts.
4. **Ask again:** if you've asked once and they haven't donated, ask again – they may have just forgotten. Don't forget to ask after you've completed your event – almost 20% of donations come in after the challenge is over!

Running4Women, organisers of the Running4Women Windsor 10K with a dedicated website to all things running, have compiled a 12 week 10K training programme for complete beginners which can be downloaded from <http://events.running4women.com/event/running4women-windsor-10k/>

The training plan starts with a five-minute walk – five-minute jog – five-minute walk on your first session so there really is no excuse not to give it a go and set yourself a goal of completing a 10K run this September! Go to the website to sign up now, get your trainers on and then there really is no way back!

**FACT BOX:**

Windsor Running Festival 2015  
 Location: Windsor Great Park  
 26th September: Running4Women Windsor 10K  
 Start time: 12noon  
 Race info and online registration at [www.running4women.com](http://www.running4women.com)

27th September: Windsor Half Marathon (1pm), Sprite Sprint (12.15 pm) and Glynn Shefford Memorial Run (2.5 miles, 1.15 pm)  
 Race info and online registration (charity places only) at [www.runwindsor.com](http://www.runwindsor.com)

**Sign up to run for one of the Charity Weekend Partners:**

- CLIC Sargent (Platinum)
- Cancer Research UK (Gold)
- Help for Heroes (Silver)
- Leukaemia & Lymphoma Research (Bronze)
- The National Brain Appeal (Bronze)
- Plus: Alzheimer's Society, Childlife, CRY, Daisy's Dream and Roy Castle Lung Cancer Foundation.



Winners of the Generation Game in 2014 were Julia and Alanna Rayfield, both from Reading, after achieving the lowest aggregate time as mother and daughter.