



Virtual London Marathon 2022 Information:



Hello,

So you might be interested in taking part in the Virtual London Marathon with Kintsugi Hope – thank you for considering it!

Kintsugi Hope has a few spaces and would love it if you were able to help us fill them. Below you will find some information about the event, to help you decide if it's right for you.

Date?

Sunday 2nd October 2022

Time?

All Day – you have 23hrs 59 mins to complete 26.2 miles (you can take your time). You need to complete the run/walk on this date and during these times for it to officially count.

Where?

The beauty of the Virtual London Marathon is that you can complete it anywhere you like, as long as it's outside and not on a treadmill. You can walk it, run it, dance it – just as long as you complete your 26.2 miles, outside, within 24 hours. And you can do it with friends or on your own, from home or away, in stages or all at once – it's up to you!

Why?

Due to the lockdowns and social isolation all of us have experienced over the last couple of years, we are now living in a mental health crisis. Churches across the UK have seen the need and partnered with Kintsugi Hope to provide safe and supportive spaces for those who are struggling or are experiencing loneliness.

If you can run or walk the marathon for us and be sponsored by your family and friends, then you will be directly impacting the lives of those who are struggling – and letting them know that they aren't alone.

1 in 4 of us struggle with our mental health and 3 in 4 of us know someone who struggles. Mental health affects us all.

How much?

Kintsugi Hope have paid the admin costs for the places, so you don't need to pay anything to take part. However, we hope you can collect sponsorships and get your friends and family to rally around you. We understand that sometimes getting sponsors isn't easy and lots of people are in a difficult financial situation now. We would love to encourage all our runners to raise a minimum of **£500.00**. If you can raise more – FANTASTIC – if that seems too much for you then let us know. We wouldn't want money to be an issue and its more important to have people out there sharing Kintsugi Hopes vision!

What else?

- The Official London Marathon App will enable participants to log their 26.2 miles and earn the medal and finisher T-Shirt.
- Kintsugi Hope will also send you a running top to wear on the day and will hold a virtual workout session with all the runners, as well as setting up a dedicated WhatsApp group – for you to share stories, worries, and hopes, and to support each other. We will also support you along the way, both before and during the day – you won't be alone!
- The official 2022 Participants Guide will be coming soon from TCS London Marathon – we'll let you know when it's available. In the meantime, their website is www.tcslondonmarathon.com/the-event/virtual-marathon which has more information about the event...

What now? If you are still interested, then please get in contact with jess.cooper@kintsugihope.com or admin@kintsugihope.com with the completed below application form.



**Discovering
treasure
in life's scars**



Kintsugi Hope
 c/o Reprohouse
 Drakes Lane
 Boreham
 Essex
 CM3 3BE
admin@kintsugihope.com
www.kintsugihope.com
 01245 363606

2022 Virgin Money Virtual London Marathon

Thank you for your interest in applying for Kintsugi Hope’s 2022 Virgin Money Virtual Marathon place.

We are looking for someone to represent Kintsugi Hope who is passionate about our vision of a world where mental and emotional wellbeing is understood and accepted, with safe and supportive communities for everyone to grow and flourish. To help us decide whom we offer the place, we would be grateful if you could complete the below questions, letting us know a bit about yourself, and your capacity to use the opportunity to raise funds for Kintsugi Hope.

Once completed, either return to Kintsugi Hope by email.
 (Details above right. Deadline is 18th August 2022)

Name	Title		First Name		Last Name	
Address						
Email						
Contact No						

Have you participated in a marathon before? If so, which one and how did you do?	
Are you currently fit and able to participate in the Virtual Virgin Money London 2022 Marathon.	
How do you know about Kintsugi Hope?	

Why do you want to support Kintsugi Hope?	
What are your plans/opportunities to fundraise for Kintsugi Hope?	
How much would you realistically be looking to raise?	
Do you have any organisations (church, workplace etc) that would be able to get behind you and support you?	
Would you be able to use social media to generate support?	
Would you be willing to organise events (eg drinks night/curry evening) to share the vision of Kintsugi Hope?	
Is there anything else you think we would like to know (eg do you know anyone with a large social media following who could help)?	

Signature

Print name

Date