**Re: Royal Parks Half Marathon, 10 October 2021; running for Muscular Dystrophy UK**  
  
I am writing on behalf of Muscular Dystrophy UK ( <https://www.musculardystrophyuk.org/> ). We are a registered charity, set up in 1959, to provide help and support for people in the UK suffering from muscle-wasting conditions. Muscle-wasting conditions currently affect over 70,000 people in the UK, with more than 60 rare and very rare conditions known. We provide vital information, advice, resources and support for people who suffer from these conditions, their families, and the professionals who work with them.  
  
We would like to offer members of your club the opportunity to register with our team (#Team Orange) for the upcoming Royal Parks Half Marathon on 10 October 2021, and we would greatly appreciate it if you could share with your members our website link and our registration page link ( <https://www.musculardystrophyuk.org/events/royal-parks-half-2021/> ), and encourage them to sign up.  
  
Club members who register with MDUK will receive:  
•       a pre- and post-race support package, including a detailed welcome pack and fundraising guide, along with  
•       regular support and advice from our experienced team, as well as  
•       our “stand out from the crowd” bright orange running vest and  
•       our loud cheer squad along the route - to give your runners a celebrity feel for the day!  
  
The registration fee is £29, minimum sponsorship is £350.  Registration can be done individually or in a group. Groups larger than 5 will get a 20% discount on our registration fee, and can take on group fundraising targets.  
  
If you have any questions about this, and in particular if you or any of your members would like to take advantage of the group registration offer, please contact Louise Moffat  
( [l.moffat@musculardystrophyuk.org](mailto:l.moffat@musculardystrophyuk.org) , or telephone 07771 374843), MDUK’s Regional Development Manager for London, South East and East of England.  
  
Yours sincerely  
Peter George Stewart ( [p.stewart@musculardystrophyuk.org](mailto:p.stewart@musculardystrophyuk.org) )  
On behalf of Muscular Dystrophy UK

**MARLOW HALF MARATHON**

Hello Ilford AC,

We are contacting you as a fellow running club, and we hope you don’t mind.

This year we are pleased to announce the return of the Marlow Half Marathon and 7 on the 7th November 2021.

After a rocky year last year we are delighted that we are able to again put on our races and see fellow runners in a face to face capacity.

It would be great if you could help us bring our races to the attention of your runners.

For over 30 years we have organised a great community event, well received by independent and club runners alike, and dedicating over £200,000 to deserving local charities and this year will be no different with our nominated charities being SSNAP and Marlow Sports Club.

To enter the race visit [www.marlowhalfmarathon.co.uk](https://marlowstridersmarketing-dot-yamm-track.appspot.com/Redirect?ukey=1oHX05qbtSbhUIrnYEG_aGpsODS445ft1KSeIlXqhwug-0&key=YAMMID-56646926&link=http%3A%2F%2Fwww.marlowhalfmarathon.co.uk)

If you can distribute amongst your members that would be perfect.

We would also be more than happy to promote any events you are doing with our club members on our facebook page and club emails.

We are also running a giveaway at the moment and for anyone that has taken part in our races in the past and leaves us a review on RaceCheck, we are giving the chance to win a place for free.

[https://racecheck.com/races/marlow-half-marathon/](https://marlowstridersmarketing-dot-yamm-track.appspot.com/Redirect?ukey=1oHX05qbtSbhUIrnYEG_aGpsODS445ft1KSeIlXqhwug-0&key=YAMMID-56646926&link=https%3A%2F%2Fracecheck.com%2Fraces%2Fmarlow-half-marathon%2F)

Best regards and thankyou

Felicity

Communications, Marlow Half Marathon

**VIRTUAL LONDON MARATHON**

From: Kris Cottier <[kjcottier@yahoo.co.uk](mailto:kjcottier@yahoo.co.uk)>  
Subject: Virtual London Marathon  
  
Message:  
Hello,  
  
I trust this email finds you and your runners are well and safe. Please forgive this unsolicited email but I have a huge favour to ask. I have an active involvement in a local charity, The Welling Cadet Forces Foundation, formed in 2019 and we still have 3 places for the Virtual London Marathon (VLM), Sunday 3rd October. Unfortunately, we have no runners! Do you know of anyone from your club who would be interested in running the event and raising a few quid for a worthy cause in the process?  
  
The great thing about the VLM is that you can start and finish between 00:00:00 and 23:59 (BST) on Sunday 3rd October, you can break break the virtual Marathon down into as many sessions as you like by using the pause functionality on your timing device, with the official time based on the the total elapsed time. Also, it the VLM counts towards the London Classics.  
  
We are a new charity and fundraising via a sponsored event is a completely new experience for us. The covid pandemic has been a very long and challenging time for everyone. Therefore, we would be happier for our runners to run, enjoy the experience and relish a little normality in life, rather than worry too much about the fundraising and we ask for a modest target of £100 in sponsorship for the WCFF. This covers the entry fee and still raises funds for the WCFF. However, we are very aware in this challenging climate that even this target might be beyond the limit for some willing runners. We'd be happy to discuss this further rather than prevent them from enjoying the event. Many charities seem to want huge amounts of sponsorship, we'd rather take small steps that allow us to realise the practicalities of raising monies via mass participation events. Carpe diem!  
  
My sincere thanks in advance  
  
Kris Cottier  
Welling Cadet Forces Foundation  
[kjcottier@yahoo.co.uk](mailto:kjcottier@yahoo.co.uk)  
07957210976

Ingatestone Boys' Own Club  
**INGATESTONE ‘5’ MILE ROAD RACE  
SUNDAY 12th SEPTEMBER 2021 11.00 A.M.**  
  
Please find below details of this years 'Ingatestone 5 Mile road race'  
  
The club has a very proud history of supporting this race so if you cannot run yourself please consider offering your support on the day. Contact Martin Clarke or myself for details  
  
..................................................  
  
In previous years your club has had several runners, who will be interested to know the Online Entries website\*  is now ‘Live’ and open to entries for the race  
Postal entries are also now being processed for the Ingatestone 5.  
  
They’ll find the details and a link to the website\*  at  [www.ingatestone5.co.uk](http://www.ingatestone5.co.uk/)  
  
Please forward these details; we hope they can support this race in 2021  
  
Webmaster  
p.p. Keith Cranmer  
Ingatestone ‘5’ Road Race  
Sunday 12th September 2021 -  11.00am  
[www.ingatestone5.co.uk](http://www.ingatestone5.co.uk/)  
Organised by Ingatestone Boys’ Own Club  
Part sponsored by Rotary Club of Ingatestone

**Tiptree 10 - Sunday 10th October**

Hi

The Tiptree 10 road race, organised by Tiptree Road Runners (TRR), will be taking place this year on 10th October and we would be grateful if you could pass on the following details to your members.

This popular event comprises a 10 mile road race, over a predominantly flat course (there are a couple of hills to keep it interesting) and will be fully marshalled by members of TRR who will be there to ensure the runners' safety and to provide vocal support and encouragement.  It's an attractive course, mainly on rural roads with some scenic Essex countryside.

Chip Timing UK will provide accurate and speedily available results. Key beneficiaries from the race will be local charities and schools with donations also being made to other charities.

Prizes are awarded to 1st/2nd/3rd Male & Female, age category winners and team prizes and all finishers receive a superb Technical T Shirt. Entry fee is £20 unaffiliated/£18 affiliated.

The members of Tiptree Road Runners, our sponsors and supporters look forward to warmly welcoming our fellow Essex runners to the event this year.

[Tiptree 10 – General Information | Tiptree Road Runners](https://www.tiptreeroadrunners.com/tiptree-10/)

Many thanks

Julia Bawden

Club Secretary

Tiptree Road Runners