

## FAQs: Virgin London Marathon



## Running for Mountain Rescue

**Q: What is a Charity Place runner?**

Places in the marathon are allocated through a ballot process run by Virgin Money London Marathon and not every applicant is awarded a place. Mountain Rescue England and Wales has been allocated seven Charity Places in the Virgin Money London Marathon, thanks to the support of our patron HRH The Duke of Cambridge. As such they are worth their weight in gold!

These places are intended to raise funds specifically for us and, because places are limited, we need to know that each one is working hard as a fundraising opportunity.

**Q: How do I secure a Mountain Rescue Charity Place?**

Complete our online application form ([link](#)). We'll ask you to provide a few personal details and also why you'd like to run for us, what your fundraising pledge is and how you hope to raise it. There is also an opportunity to highlight any existing relationships you have with mountain rescue and past fundraising activity. We aim to let you know the result of your application as soon as possible — ideally within ten working days.

**Q: Why do I have to make an application to secure a Mountain Rescue Charity Place?**

We have a very small number of places available so demand is usually high. It's important we offer places to runners who are able to help raise awareness of mountain rescue, as well as raising money for us. Your application form is the only information we look at when deciding whether to offer you a place, so it's important to answer the questions fully. We then assess each individual application.

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**Website:** [mountain.rescue.org.uk](http://mountain.rescue.org.uk) • **Facebook:** [facebook.com/MountainRescue.MREW](https://facebook.com/MountainRescue.MREW)  
**Twitter:** @mountrescueuk • **JustGiving:** [justgiving/mountainrescue](https://justgiving.com/mountainrescue)

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### Q: What happens if I don't meet my fundraising pledge?

We incur costs by being involved in the event — not to mention time spent by rescue team members, who are all volunteers — so it's important you reach your fundraising pledge. If you think you may have trouble meeting your pledge, you should contact us as soon as possible. We will be able to talk through your options and provide you with practical and effective fundraising ideas to help you get back on track.

### Q: Why is a Charity Place runner required to make a fundraising pledge, but other runners don't?

These Charity Places have been 'gifted' to us through our Royal patron (where other runners have to enter a ballot to win a place), so the runners who are allocated one of these are required to make — and meet — a fundraising pledge. As a charity we need to make sure that not only do we cover the cost of these places, but also make money for our charity.

### Q: Do I need to pay anything now?

If you are selected for a Charity Place you will be asked to pay a registration fee of £100. Your place will only be secured once we have received this payment. This money covers some of our costs.

### Q: Does Gift Aid count towards my fundraising pledge?

No. Unfortunately the tax claimed on Gift Aid donations does not form part of your fundraising total. However, you should encourage your sponsors to tick

the Gift Aid box if they are UK taxpayers as this is an important source of income for us. The official Mountain Rescue England and Wales sponsor form is clearly laid out to make Gift Aid collection easy for you, your sponsors and our treasurer!

### Q: Can I fundraise for another charity if I have a Mountain Rescue Charity Place?

No. We understand that there are many extremely worthy causes but, due to the nature of these places and the costs incurred by us being involved in the event, it is important that as much money as possible is raised for us.

If you are allocated a Mountain Rescue Charity Place, it is with the understanding that ALL fundraising generated is forwarded to Mountain Rescue England and Wales — even if you exceed your fundraising pledge.

If a Mountain Rescue place is being used to fundraise for another charity, we reserve the right to take back the place from the runner concerned.

**Please note that this includes individual mountain rescue teams — these places are allocated to MREW as a national body, NOT to any individual team.**

### Q: Is there an age restriction?

Yes. To run in the Virgin Money London Marathon you must be 18 on the day on the event.

### Q: What happens if I have to withdraw?

If you are a Charity Place runner and have to withdraw, you should contact us via [marathon@mountain.rescue.org.uk](mailto:marathon@mountain.rescue.org.uk)

as soon as possible so that your place can be passed to another runner on our waiting list. If you withdraw, you are no longer asked to meet your fundraising pledge.

If you have collected any sponsorship money, this should be returned to your sponsors or forwarded to us.

### Q: Is there a fundraising deadline?

The fundraising deadline is six weeks after the event. If you have any problems in meeting this deadline you should contact us as soon as possible.

### Q: What will I receive from MREW in return for my deposit?

We will send you a fundraising pack, including sponsorship forms and Gift Aid declarations. We will also supply a Mountain Rescue branded running vest.

### Q: Is there a training plan available?

Virgin Money London Marathon offers a range of training plans for Beginners and Intermediate runners. You can find these at [virginmoneylondonmarathon.com/en-gb/trainingplans](http://virginmoneylondonmarathon.com/en-gb/trainingplans).

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