

THANET 5K COLOUR RUN

Palm Bay Green, Palm Bay, Margate CT9 3NR

Pilgrims
Hospices



Thanet 5K Colour Run Sunday 1st October

Event Information

First and foremost we'd like to say a big thank you for entering the Thanet 5K Colour Run on Sunday 1st October; the most colourful coastal fun run in Kent. Please find below the essential information that will help you to have a safe and enjoyable day with us whilst raising vital funds for Pilgrims Hospices.

If, after reading this information, you have any further questions about the event, please don't hesitate in getting in touch. Please send all queries to karen.kenward@pilgrimshospices.org or call directly on 01843 233934.

Date

Sunday 1st October 2023

Time

The fun run will begin at 11:30am and **registration will open at 9am**

(New) Venue Location

Thanet 5k Colour Run will be starting at [Palm Bay Green, Palm Bay Avenue, Cliftonville, Margate CT9 3NR](#)

Getting to the event

The Thanet 5k Colour Run is taking place at Palm Bay Green, Palm Bay Avenue, Cliftonville, Margate, so that it is accessible to all. There is on street parking located close to the event venue as well as a range of pay and display car parks, the closest one being [Harold Road, Cliftonville Car Park](#) (CT9 2HS).

If you are travelling via public transport, there are multiple bus stops a short walk from our venue, or Margate train station is a 30 minute walk from the venue.

Accessing Thanet 5K Colour Run

When you arrive at Palm Green, Cliftonville, Margate you will see our event set up on the grassed area. Our volunteers will direct you to our registration desks where you can sign-in and collect your event kit: white t-shirt, sunglasses, powdered paint sachet and your wristband that is bio-degradable containing wild flower seeds within the band. Why not plant it when you get home and watch it grow into something beautiful as a reminder of your special day! Additional paint sachets will also be on sale on the day for £1.50 per sachet or £5 for 4 sachets. Please bring **cash** with you if you would like to purchase extra sachets.

Registration

Registration will open at **9am** and will be in alphabetical order by surname. Please register by 11am so that you can take part in our dance warm up!

White T-shirt, Sunglasses, Numbered Wristband and Power Paint Sachet

Included with your advanced entry, you will receive the above items to wear at the event. These will be given to you on the day. You will receive your wristband participant number at the registration desk. Your number will be assigned to you as an individual and correspond to the emergency contact information that you provided to us when registering online for the event. Please wear the number during the event and so it is easily accessible on your wrist in case of an emergency.

Route

This is a circular 5k route along Cliftonville seafront, so where you start is where you finish. Colour stations are located at regular intervals, manned by event volunteers, who will make sure you finish as a multi-coloured masterpiece.

After the warm-up, we will ask for all of our runners, joggers and walkers to gather at the starting line in the following order:

- 5k runners
- 5K joggers
- 5k walkers
- Wheelchairs

We ask that you follow these instructions as they are for your safety.

Please keep in mind that this is a fun run and **not a race** of any type. If you would like to record your time, please feel free to use a personal device to do so.

The route will be fully marshalled by volunteers in hi-vis vests. Please adhere to the instructions given to you by marshals and please be considerate to other path users as we are using shared paths.

In order for all of our runners, joggers and walkers to have a safe and enjoyable event, dogs will not be able to attend this event. Thank you for your understanding.

First Aid

We will have first aid on the day provided by Margate Ambulance. If there is a medical emergency, you must call 999 and seek the advice of the emergency services who are aware that the event is taking place. You should also tell your closest marshal so that they can contact the events team leader or call the event hotline number **07738 851355** so that our event medics can be mobilised to the scene.

Toilets

Portaloos will be available at the start/finish area of the event. They are located at Palm Bay Green.

Changing Facilities and Valuables

There will be no changing facilities on the day.

There will not be a manned baggage area on the day, therefore we advise you to only bring what you need for the run and keep your belongings on you at all times.

Medals

You will receive a well-deserved finisher's medal when you return from your 5k run. Wear it with pride, share your photos and tell everyone what you did to support the charity as well as having an enjoyable and colourful time.

Refreshments

Bottled water will be available at the finish line. If you would like water whilst out on route, we advise that you bring this with you on the day. There will also be an external catering vehicle supporting the event, which will accept cash or card payments.

Photography

We will have photographers at the event who will be taking photos and videos throughout to capture memories of the day. We'd love for you to pose for pictures and tell us your story of why you're taking part in our Colour Run. However, please tell our team if you'd prefer not to have your photo taken.

If you capture your own memories of the day, please do share them with us, we love to see all of your pictures. You can tag us on Twitter and Facebook and use the hashtag #ThanetColourRun.

Sponsorship

Many of you have generously raised sponsorship for The Thanet 5k Colour Run and this really makes a great difference to the care and support that we can provide to patients and their families. If you haven't raised sponsorship but would like to make a personal donation towards the care that we provide, this can be done on the day, or on our website by visiting: www.pilgrimshospices.org/get-involved/donate/ and typing 'Pilgrims Thanet 5k Colour Run' in the reason for donation.

It costs Pilgrims Hospices £14 million a year to provide skilled and compassionate care to our community and events like the Colour Run help us to continue caring for local people as they near the end of life. We'd love you to download a sponsorship form or set up your online fundraising page with <https://www.justgiving.com/campaign/ThanetColourRun2023>. Don't forget to encourage your sponsors to tick the Gift Aid box if they're eligible to do so; for every £1 donated we'll be able to claim an extra 25p from the government at no cost to you or your sponsors. It makes a huge difference!

Every pound you raise will make a difference to the families being cared for this year. Your donations will help provide vital palliative care for the next patients that need us, thank you.

To give you an idea, your fundraising could pay for:

- **£12** would pay for a patient's meals for a **day at one of our inpatient units**
- **£25** would pay for one hour of **specialist nursing care in one of our inpatient units**
- **£45** would pay for a **one-to-one bereavement counselling session** for someone struggling to cope with the loss of a loved one.

When you have finished your fundraising, please send your final sponsorship total, along with your sponsorship form to: **Supporter Relations, Thanet 5k Colour Run, Pilgrims Hospices, 56 London Road, Canterbury CT2 8JA** or [donate your collected sponsorship online](#) via the Pilgrims Hospices website if it's easier for you. If you're sending money via cheque, please make them payable to Pilgrims Hospices in east

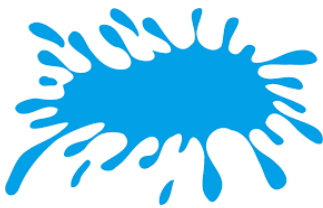
Kent. Please try to have your money with us by 24th November 2023 so that we can shout from the rooftops how much you've helped us raise!

We hope you have a fantastic day! If you have any questions in the run up to your event please do get in touch either on **01843 233934** or karen.kenward@pilgrimshospices.org.

May we take this opportunity to thank you so very much for joining our colourful event and putting your best foot forward to help provide care for the next person that needs us.

Thank you for supporting Pilgrims Hospices

Karen Kenward
Community Fundraising Manager
01843 233934



Useful Facts For The Day

- All the paint sachets used are bio-degradable and washes away with water.
- Wristband is bio-degradable and contains wild flower seeds.
- The paint is natural corn starch coloured with tested food and cosmetic dyes.
- The easiest way to get the powder off is while it's dry, shake your clothes and use a soft brush.
- If you have driven to the event and haven't brought a change of clothes, bring something to cover your car seat or seats on public transport.
- To avoid getting paint in your eyes, please wear the sunglasses provided.
- Please make sure you bring a bottle of water with you.

Want to keep in touch with us and find out what's going on? Why not follow us on our [Thanet Fundraising Facebook Group](#).