



**RUNNING FOR
RACING WELFARE**

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TEAM RACING WELFARE

Our work is vital to the wellbeing of racing's workforce. We support more than 2,300 people each year and the number is rising steadily. Every year we must raise £2,400,000 to help maintain and develop the services that the charity provides.

Every year Racing Welfare secures places at some of the world's most iconic events, from the Virgin London Marathon to the Great North Run and more. By undertaking a challenge on our behalf, you will be helping to ensure that we are always there for all of racing's people. Our fundraisers are our very own heroes; welcome to Team Racing Welfare.

Want to find out more about taking up one of our fundraising opportunities? Or perhaps you wish to take on a challenge all of your own for Racing Welfare?

Give us a call on 01638 560 763 and speak to our Fundraising team or contact info@racingwelfare.co.uk.

"I signed up to do the December accumulator challenge on Great Run which is the people who organise the Great South Run and the Great North Run but they have been doing online solo challenges for people who haven't been able to race and I set myself the challenge of running 100 miles before Christmas between the 1st of December and the 25th of December.

I've had a bit to do with Racing Welfare in the past and they have also helped out my friends and colleagues so it felt like a good opportunity to give back after they have helped me with my rehabilitation from injury.

I attended an event at The Jockey Club Estates where Racing Welfare explained to trainers their plans for the future which helped to learn more about how much they actually do for the racing industry. I never realised how much they do for the retired community as well and I thought 'that's really nice supporting the racing staff who are no longer in racing but have been a servant to the industry.'

Lauren Webb, yard manager to trainer Daniel Kubler

EVENTS

Vitality Big Half

Great North Run

Virgin Money London Marathon

Great South Run - 17th October 2021

plus loads of local 5km, 10km runs and half and full marathons.



TRAINING PLANS



10k Training Plans

Half Marathon Training Plans:

- [Run/Walk](#)
- [Beginner](#)
- [Improver](#)

Half Marathon Training Plans

Half Marathon Training Plans:

- [Run/Walk](#)
- [Beginner](#)
- [Improver](#)

Marathon Training Plans

Marathon Training Plans:

- [Beginner](#)
- [Improver](#)
- [Advanced](#)

Training advice

Whatever your running ability, you'll find some great advice and motivational support to help you enjoy running even more. From starting out with the right kit, to nutritional advice and training tips, we've got you covered

[Great North Run advice](#)
[London Marathon training hub](#)

SUPPORTING RACING WELFARE



What your support could provide

- £100 could pay for four rehabilitation physio sessions, crucial for helping someone return to work after injury
- £500 could pay for an outing or day trip for a group of retired beneficiaries, giving vital social interaction which could prevent isolation and loneliness
- £1,000 could provide five beneficiaries with access to a sleep therapy programme, helping to improve productivity, relationships, and physical and mental health
- £2,000 could pay for a new mobility scooter to help a person with a disability to remain active and access the community when they might otherwise be confined to home, giving them vital independence

Case study - Alex Cairns, Racing Welfare beneficiary

When it comes to Racing Welfare, Alex Cairns is a passionate supporter of both the services offered and raising funds for the charity.

"I like to spread the word about Racing Welfare, when someone is injured I always push them forward that way along with anyone struggling with mental health issues such as drink and drug problems," he says.

"I first had contact with Racing Welfare back in 2012 when I did my first London marathon for them. I wanted to do the London marathon for a charity that helps people in racing and one that I may need help from at some point. I actually ended up receiving support for physio treatment when I was training for both marathons. In 2015, when I was training, I had a leg injury and it was also affecting me at work as I have a very physical job."

This physical health support provided by Racing Welfare meant Alex was able to continue pain-free at work. A year later, as a result of riding out every day, back pain became a further issue at work for Alex and he was able to once again seek support to help to get him back to work.

Inspired once again to get out there and raise funds for Racing Welfare, Alex is taking on a new challenge:

"Off the back of all the support I've received and with COVID-19 I thought it would be a good idea for them, it's outside and you're usually a metre or two apart from people so I thought it would work well."

SPONSORSHIP & GIFT AID

Gift Aid is a scheme that means charities can reclaim tax on donations made by UK tax payers. If you add gift aid to your donation we can claim back from the government 25p for every £1 that is donated at no extra cost. We have partnered with up [justgiving.com](https://www.justgiving.com), a great website where you can set up your own fundraising page.

For JustGiving:

- Log into [justgiving.com](https://www.justgiving.com) and click 'Start Fundraising'
- When asked 'Are you fundraising for a registered charity?', select 'Yes, continue'
- Search for and select Racing Welfare
- Select whether you're taking part in an event, celebrating an occasion, fundraising in memory or doing your own thing
- If you can't see your event listed, select 'Add your own' at the bottom of the page
- Choose your web address – this is the link you'll be sharing with friends and family when asking them to donate
- Tick 'Yes' if you're running a bake sale, or selling tickets to an event, raffle or auction. Donations to your Page won't be eligible for Gift Aid.
- Click 'Create your page'

Just Giving will send the donations straight to Racing Welfare and re-claim any Gift Aid automatically on your behalf. Setting up your fundraising page is really simple but if you do need any help then please get in touch.

Match funding

Generally speaking, most high street banks and building societies, insurance companies, supermarkets, utility providers, phone companies and car manufacturers will have offered match funding schemes to their employees. Find a list of some companies that provide match funding [here](#).



SUPPORT FOR RUNNERS

Racing Welfare is here to support you throughout your fundraising journey. Our fundraising team has a wealth of experience which enables them to support you and provide different ways that you can raise funds.

Social media is a great place to share your story and ask for donations. Make sure you are following Racing Welfare, @racingwelfare, and tag us in any posts about your challenge so that we can share them with our wider audience and supporters of the charity.

Everyone that signs up for a challenge in aid of Racing Welfare will receive a fundraising pack, it includes all the information you need from setting up fundraising pages to social media toolkits.

Now you are part of Team Racing Welfare, you will have support throughout your challenge. We can provide advice on asking people for sponsorship before your event; we try to meet up with challengers prior to their event, if not we will be there at the finish line cheering you on. After the event, we always like to check in with our fundraisers to see how they are doing.

If you have any questions throughout your challenges, then we are here to help. Get in touch with us by emailing Lucinda on lgould@racingwelfare.co.uk



What To Expect

- Join Racing Welfare's Club on Strava
- Invitation to be a part of Racing Welfare's Challenge Events closed Facebook group
- Regular email hints & tips from coaches, physios and nutritionists
- Dedicated support from Racing Welfare's fundraising team to help you smash your fundraising target
- 'Team Racing Welfare' branded training & raceday gear
- Finish line meeting point for you & your supporters
- Post-race Racing Welfare recovery bag
- Full debrief following your challenge

I chose to run the London Marathon for Racing Welfare as working in the racing industry it's a very relevant charity to me; I recognise the work Racing Welfare do within our sport and the support the charity needs to continue it .

Running for a charity provides an great way to get an entry into such a prestigious race as the London Marathon and it was great to have the support of the Racing Welfare team both before and after the race. Afterwards we were greeted at the finish line and given Racing Welfare goody and recovery bags. Not only was the experience of the race a real thrill, but meeting all of the other Team Racing Welfare runners afterwards and chatting about how the race went was great; to have someone to help you stand up afterwards was also pretty handy!

Having worked at Philip Hobbs' yard for the last 10 years I'm very aware of the work Racing Welfare do in supporting those of us working in racing, from providing events & functions to support when times get difficult, and without the vital fundraising events such as the London Marathon it would be difficult for their work to continue.

Laura Parker, 2018 fundraiser (pictured on the right below)

