Virtual Running Series

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If you have any further questions, please email sport@roycastle.org.



1. **FAQ’s**

**What happens now I have completed registration?**

Now your registration is complete we will aim to send out your medal as soon as possible.

This will be posted from our Warehouse via Royal Mail 2nd class.

If you completed your registration on a Fri/Sat/Sun your welcome pack will be dispatched the following Monday (excludes bank holiday Mondays).

**When can I complete my run?**

You can complete your run at any time. We do not ask for any evidence of your run prior to your medal being sent to you.

**What should I do once my run is complete? Do I need to upload evidence?**

You do not need to submit evidence to earn your medal for the run. However, we would still encourage you to post your run on our [‘I am a Roy’s Runner’](https://www.facebook.com/groups/roysrunners/?fref=ts) Facebook group to showcase your amazing achievement.

Don’t forget to share your progress and updates with your family, friends & colleagues. Keep them up to date with this fantastic challenge you are undertaking and your successes, along with the support you are providing for our charity.

**Can I change my running distance?**

Yes, you can change your running distance at any time without having to let us know.

1. **Facebook:**

Please, join our exclusive Roy’s Runner Facebook group. It’s a growing community of super supportive runners who share advice, trade tips, and offer much needed encouragement if training ever gets tough.

To join, simply visit: <https://www.facebook.com/groups/roysrunners/>



1. **JustGiving:**

You can choose to further support us by setting up a Fundraising page for your run.

No minimum sponsorship amount is required to take part, but any donations made are greatly appreciated.

You can set up an online fundraising page using the link below:

[www.justgiving.com/roycastle](http://www.justgiving.com/roycastle)

For Just Giving fundraising tips, please follow the link below:

 <https://www.justgiving.com/fundraising/tips/top-10-fundraising-tips>

1. **Paying in your offline donations:**

If you have received offline donations, you can make a direct donation through our website following this link: <https://roycastle.org/donate-form-3/>

Alternatively, you could raise a direct transfer into the charity’s bank account using the follow sort code & account number:

Sort code: 20-51-43 | Account Number: 20861855.

If you would like to request a sponsorship form, please contact our team at sport@roycastle.org

Please post your completed sponsorship form to our head office so we can claim the gift aid.

Our address is:

Roy Castle Lung Cancer Foundation

Cotton Exchange Building

Old Hall Street

Liverpool

L3 9LQ.

**Thank you so much for your support!**

Catherine