



Sutton
Downs Road, Sutton
Surrey SM2 5PT

Email: marsdenmarch@royalmarsden.org
Website: royalmarsden.org/march

Thank you for signing up to take part in the rescheduled Banham Marsden March 2019. We are looking forward to seeing you on **Sunday 19 May!**

The Banham Marsden March is a fundraising event for The Royal Marsden Cancer Charity, and we ask all our participants to try their best to raise at least £150. The money you raise will help ensure our nurses, doctors and research teams can provide the very best care and develop life-saving treatments which are used across the UK and around the world. Thank you.

Please visit royalmarsden.org/fundraise-marsden-march for our top tips to help with your fundraising.

If you have any cheques or cash please do not bring them on the day as we will not have facilities to accept them. Instead please post cheques to us along with your sponsorship forms by **10 June 2019**.

A huge thank you again for your support.

Best wishes,

The Banham Marsden March Team

Important information

Please read all the enclosed event information carefully before the big day, but check our social media channels and websites for the latest updates.

If you have any queries please visit our website royalmarsden.org/march or email marsdenmarch@royalmarsden.org

If you are no longer able to take part in the walk please call us on 020 8770 0279



Registered Charity No. 1095197

Along the way...

On the route

- Please note we ask that bikes and scooters are not used and that you do not run at any point along the route
- Please note this is a no smoking event

Checkpoints

- We have three checkpoints along the route
- Toilets, water and medical provisions will be available at each of these points
- There will be a limited range of food and drink available for purchase at King George's playing fields.

Checkpoint	Postcode	Closing time
The Windmill, Wimbledon Common	SW19 5NR	1pm
King George's Playing Fields	SM4 4PN	3pm
Cheam Leisure Centre, Cheam	SM3 8EP	4pm

Friends and family

- Please do not ask supporters to join you on the route as this will cause health and safety problems and overcrowding along the route
- We will ask anyone without a walker number to leave the route. Supporters are welcome to cheer you at the checkpoints listed and the finish line

Photos and videos

- By taking part in this event, you are consenting to us using images of you taken on the day in any future publicity or advertising for The Banham Marsden March
- Our official Banham Marsden March photographers will be along the route wearing Banham Marsden March high-visibility waistcoats. Give them a wave!

Social media

Please feel free to share photos, videos and updates on social media throughout the day

 #MarsdenMarch or @royalmarsden

 /royalmarsden

 @royalmarsden

At the finish line in Sutton

The Royal Marsden, Sutton, SM2 5PT

- At the end of the route we'll give you a warm welcome as you cross the finish line. You can collect your medal and celebrate your success with other walkers and staff from the hospital. There will be live entertainment as well as refreshments and hot drinks for sale.
- Please advise anyone meeting you at the finish not to park on surrounding roads.
- There is adequate parking within the grounds of the hospital via the Cotswold Road entrance. Posters and marshals will be directing traffic on the day but please note you will not be able to gain vehicular access to the hospital via Downs Road. The finish line party will close at 5.45pm
- There will be a free shuttle bus service from the finish line to Sutton Station to help you get home after the event.

We can't wait to celebrate with you!

Checklist for The Banham Marsden March



Please keep hold of your original walker pack. If you have lost any of the items such as your walker number or t-shirt you will need to collect these on the day from the Information Tent at the start.

Things to bring on the day

Get yourself walk-ready with these essentials

- ☐ **Your walker number** Please clearly display your walker number, making sure it is visible at all times. This number is registered to you so do not exchange numbers. **Remember to complete the information on the reverse of your walker number**
- ☐ **Your back panel** Your back panel is for you to personalise with your own message about why you are walking
- ☐ **Your coach ticket** (if you've booked coach travel) Please arrive 15 minutes before the coach is due to leave. Access is via Cotswold Road entrance only
- ☐ **Wristbands (for under 16s)** All children and young people aged under 16 on 19 May 2019 should wear the wristband provided in their pack. Using a marker pen, fill in the parent/guardian name and a contact telephone number. There will be spare wristbands at the Information Tent if you need to collect a new one
- ☐ **Appropriate clothing** Wear your Banham Marsden March t-shirt and cap! Please be aware of the weather forecast and make sure you wear appropriate clothing under your Banham Marsden March t-shirt. Wearing fancy dress is totally up to you as long as your walker number is clearly visible – we think it's a great way of making the event even more fun!
- ☐ **Appropriate footwear** Comfortable trainers or a comfy pair of shoes appropriate for walking are advised
- ☐ **Sun protection** If sunshine is forecast make sure you wear suncream and protective clothing

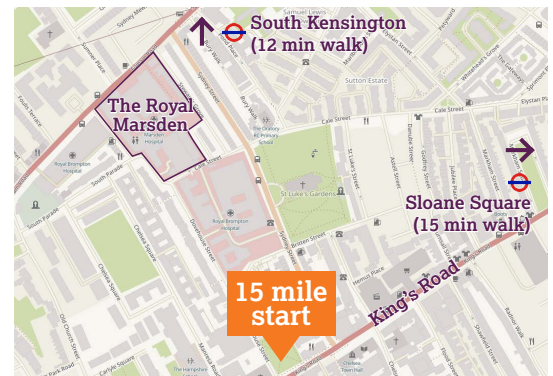
Getting to the start

Please check your journey before you travel

If you're doing the 15-mile walk

Dovehouse Green, King's Road, Chelsea, SW3 6NT

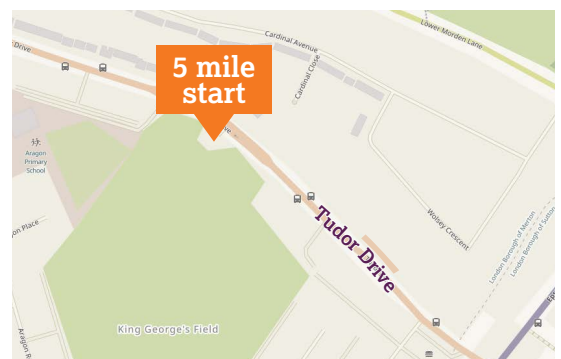
The 15 mile walk start location is **brand new** for 2019 – so make sure you know where you are heading! Unfortunately there is no parking available at the beginning of The Banham Marsden March in Chelsea. The nearest tube stations are South Kensington and Sloane Square. Marshals will be available on the day to direct you. Please do not enter the hospital.



If you're doing the 5-mile walk

King George's Playing Fields, SM4 4PN

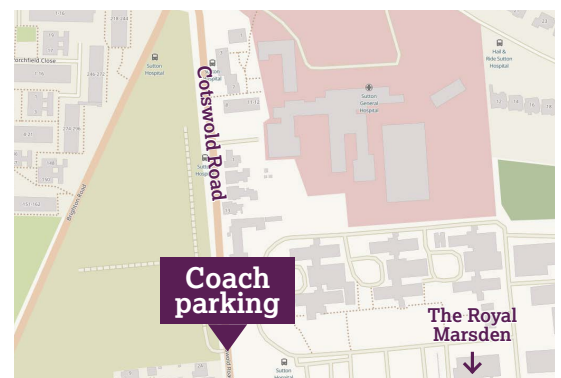
There is limited parking on the side roads around the park. Please be courteous to the residents of the area. The nearest station is Raynes Park which is a 2-mile walk away. Bus routes 163 from Raynes Park, 80 and 93 from Morden Station will take you close to King George's Playing Fields.



If you booked coach travel from The Royal Marsden, Sutton

Cotswold Road, SM2 5NG

Your ticket was included in your postal pack. Please note your new coach time in the email sent to you on Saturday 4 May. Please ensure you arrive within your allocated time slot. Unfortunately, we are not able to wait for any late arrivals. Free parking at Sutton will be available all day via the Cotswold Road entrance. Please do not park in the surrounding roads as you may get a ticket or be clamped. Posters and marshals will direct traffic on the day.



At the start

On arrival at your start location please make your way to the Welcome area where you will receive a map of the route and a carton of water. **It is essential that you complete your details on the reverse side of your walker number and wear your number throughout the walk.**