



SOUTHAMPTON 10K, HALF & FULL MARATHON

Sunday 24th April 2022

Congratulations on joining the Southampton Marathon Event!

Did you know you can convert your place booked elsewhere to one of our charity spaces? These spaces incur a £10 fee and we simply ask for £50 in fundraising (£60 for the full marathon). You'll receive a refund on your original application from ABP Marathon.

As part of our charity running team you'll receive:

- a Communicare technical t-shirt to wear on race day
- fundraising ideas and support
- training advice from Anna Gordon who is one of Communicare's Coordinators. Anna is an England Athletics Coach in Running Fitness and a keen runner herself. She has significant personal experience of running marathons and half marathons as well as shorter distances and will be happy to chat with you about any questions, worries or concerns you might have. No question is too silly! Anna is on hand to support Communicare's runners as they prepare for the event.
- on the day encouragement from our volunteers and supporters who will be at cheering points around the route!

To discuss converting your place:

Call: 023 8250 0050

[Email: events@communicareinsouthampton.org.uk](mailto:events@communicareinsouthampton.org.uk)