



North of England Children's Cancer Research

Reg. Charity No.510339



Children's Cancer Run, 19th May 2019

We would like to invite your school to join the hundreds of other schools in the region who have supported the Children's Cancer Run since we began almost 37 years ago in the early 1980s. The event is one of the largest single charity cross country fun runs in Europe and we are very proud to host such a special occasion.

Please read on to find out how your school can get involved, helping to make a difference to children diagnosed with cancer from across the North of England and helping to meet your healthy schools agenda at the same time. Once again the event is supported by Greggs the Bakers who will provide picnics for each runner at the end of the run, together with a special Children's Cancer Run 2019 medal. Every child will also receive an event t-shirt. Metro Radio will be joining us with their roadshow bus, bringing lots of music competitions and fun. We believe it is the best value day you can have and the perfect chance to bring together your pupils, staff and families to be part of a treasured event.

Encouraging your pupils and their families to raise sponsorship will help more children survive cancer. While the entry donations help to cover the costs of the event, it is the sponsorship raised that allows us to fund vital research. All of the money raised at the event will directly fund researchers here in the world class NECCR Research Laboratories within the new Wolfson Childhood Cancer Research Centre in Newcastle. They are saving children's lives and helping them to live long and happy ones by reducing the side effects of treatments. The information and new discoveries found through their research performed in the North East of England is shared internationally and benefits not only local children, but those fighting cancer worldwide. We still have a long way to go in the treatment of childhood cancer but we are making huge progress.

We will make it easy for you to arrange your school team including easy on-line registration and ongoing support from our team. Please read on for more information.

Thank you for your time and we hope to see you there in May!

Chris Peacock

Chris Peacock Chairman, NECCR



Supported by



Media partner



Transport partner

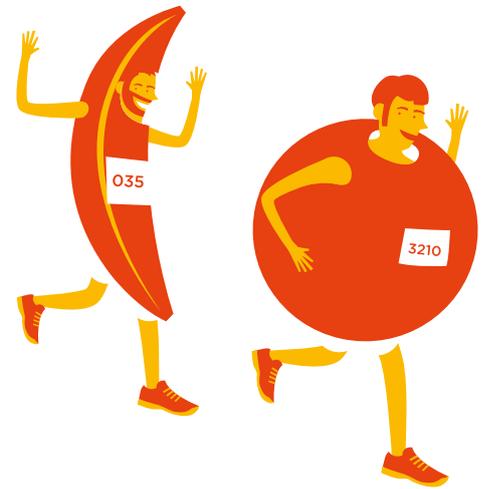






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Health and Safety

The Children's Cancer Run is operated in line with Health and Safety best practice; a detailed Event Safety Plan and Risk Assessment is available on request 2 weeks before the event. Since the Children's Cancer Run started in the early 1980s we have never had a major incident and we will do everything we can to maintain this safety record.



- The run is supported by the Police and professional First Aiders who will be present on the day.
- A designated welfare point, operated by two DBS checked staff, will be in place on run day to help with any lost children issues.
- A designated First Aid Point will be in operation on the day.
- A designated Schools Meeting Point will be in place on run day.
- A designated Event Manager and Event Safety Manager will be on site on the day who have conducted a detailed Risk Assessment for the event.
- Course Marshals in identifiable jackets will be deployed along the run route.
- Refreshments will be available to purchase and all runners receive a Greggs snack box on finishing the run.
- Weather conditions and safety on the course is checked and monitored before and during the run.
- The Mini Mile, one mile run, is suitable for wheelchairs, taking place over the last mile of the main course.
- Start times are staggered to manage congestion at the start/finish areas.
- Alcohol is prohibited on the site.







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Since 1979 the North of England Children's Cancer Research fund (NECCR) has helped fund research that has established the North of England as one of the world leaders in the treatment of childhood cancer.

The NECCR was formed in 1979 by a small group of parents whose lives had been changed forever by childhood cancer. At that time eight out of ten children diagnosed with cancer would not survive. Since then we have come a long way with over 75% of children now surviving childhood cancer.

Our Aims and Achievements

The aim of the NECCR is to raise money for continuing vital research into the causes and treatment of childhood cancer. Although we have come a long way, cancer continues to be the number one cause of non-accidental death among children in the UK.

The main objectives of the research carried out in Newcastle are:

- 1** To increase the number of children cured of cancer
- 2** To make treatment less distressing
- 3** To find causes of childhood cancer
- 4** To improve chemotherapy
- 5** To individualise treatment
- 6** To develop new treatments





How your support can make a difference

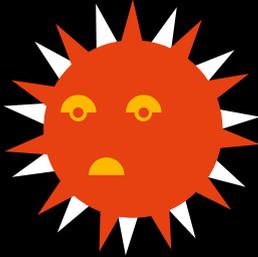
£15

Could pay for a blood sample.



£500

A week keeps the Image Stream running – an item of equipment that allows the study of circulating tumour cells.



£500

Will fund one iAMP21 test to find out if a child with Acute Lymphoblastic Leukaemia (ALL) needs the most intensive treatment.



£5,000

Will buy a specialist freezer to store research samples.



£100

Will pay for a test that will allow researchers to understand why some children are resistant to certain leukaemia treatments.



£250

Will conduct a small scale gene screening to match a child to the right clinical trial.



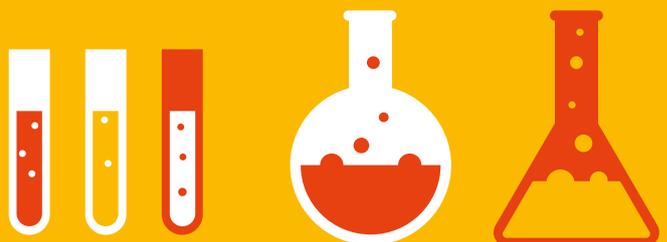
£2,500

Will allow researchers to sequence the DNA of cancer patients to identify potential new therapies.



£10,000

Will buy a year's supply of laboratory chemicals for a PhD student to investigate new therapies for childhood cancer.





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About the run

We would like to invite your school to take part in one of Europe's largest family fun run events, offering a great day out for staff, children and parents.

When

Sunday 19th May 2019

Start times will be allocated between 9.30am and 1.00pm. Your school will be given a start time for all of your runners.

Where

Newcastle Racecourse, Gosforth.

What

A **family friendly fun run** with a choice of a **Mini Mile, three** or **five mile** routes.

Getting there

Limited parking is available on site with additional park and ride schemes operating from sites nearby.

You will be allocated a specific car park before event day. Please adhere to your designated car park. If you are bringing a coach of teachers, students and parents there is a designated school coach parking area on site. Please advise us if you will be bringing a coach so that we can ensure there is a parking space available at your allocated run time.



Entry donations

Early Bird

(ends midnight on Sunday 31st March 2019)

Children 16 years and under (including Mini Mile) - **£6**

Adults over 16 years (including Mini Mile) - **£13**

Family entry (2 adults and up to 3 children) - **£35**

Standard

(from Monday 1st April to Wednesday 15th May 2019)

Children 16 years and under (including Mini Mile) - **£8**

Adults over 16 years (including Mini Mile) - **£15**

Family entry (2 adults and up to 3 children) - **£40**

On the day

(available on Sunday 19th May)

Children 16 years and under (including Mini Mile) - **£10**

Adults over 16 years (including Mini Mile) - **£20**

Family entry (2 adults and up to 3 children) - **£50**





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Mini Mile

Children under 7 years old can take part in the Mini Mile route and will receive a medal, t-shirt and snack box as part of their entry donation. Parents can accompany their child for free or choose to pay an entry donation to receive a medal and picnic too. Limited edition adult technical t-shirts will be available to purchase online and at the event.

3 and 5 mile routes

We now offer a 3 mile course for younger children or anyone preferring a shorter route. You can still start and finish with the main 5 mile run but have the option of taking the clearly marked 3 mile shortcut if you wish. You can even decide on the day. Any children aged 10 years and under should be supervised by a responsible adult on the course.



Fundraising

Everyone running for your school has the option of raising funds on-line, through a Justgiving fundraising page, or using the paper sponsor forms that will be sent out in their run packs. Additional copies of the sponsor form can also be downloaded from the School Resource section on our website. If your runners register for the run through our website, they will choose the name of your school from the drop down menu and become part of your school group. Each runner will have their own fundraising page, with the funds coming to NECCR automatically. You will be able to view the total raised on-line by everyone in your school group by checking our School Leaderboard on the website. Please remember that every penny counts!



“Don't forget to tweet us
your photos! @NECCRrun”





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How to guide

Follow our easy step by step guide to get started.

- 1 Visit the 'Schools' section at www.childrenscancerrun.co.uk and select 'register my school'.
- 2 Complete the registration details and follow the instructions.
- 3 Spread the word to the children in your school using the leaflets we will send out once you have registered.
- 4 Visit the School Resource section at www.childrenscancerrun.co.uk and use the online sample letter as a guide to send a letter out to parents with a step by step guide on registering for the run.
- 5 When parents register themselves or their children they will be able to select to join your school team. They will have the option of activating a Justgiving page to fundraise on-line. Your school team online fundraising total will be visible on the School Leaderboard at www.childrenscancerrun.co.uk. Please note - personal details of anyone registering as part of your school team will only be visible to staff at NECCR.
- 6 Display posters around the school to remind staff, children and parents about the event.
- 7 Include the event in your regular parent information bulletins (texts, emails, newsletters etc.)
- 8 We will send the run numbers, On the Day guides, sponsor forms, car stickers and car park passes along with any purchased adult technical t-shirts directly to the runners' home addresses.
- 9 The only items that will be sent out to your school (2-3 weeks before Run Day) will be the children's souvenir t-shirts ready for you to distribute. We will send you a spreadsheet of names of people registered under your school name on request and within your box of t-shirts.
- 9 Send a run day information letter to parents 2 weeks before the event (see sample letter online at www.childrenscancerrun.co.uk) with essential on the day information. Your school will be allocated a specific start time and car park or coach park space for the event. Please ask parents to adhere to your schools designated car park.
- 10 Enjoy the run day!
- 11 Thank your children and parents for taking part, sending a reminder about handing in any cheques or cash by a given date. You can either request cheques made payable to NECCR to forward on to us or send us one cheque from your school. Please also send us any completed sponsor forms so that we can claim the Gift Aid and help raise even more funds. Any online funds will be with us automatically and will add into your school group total.
- 12 A number of schools who go the extra mile to raise funds or involve their school community will be invited to a school presentation event in September.
- 13 Please get in touch with us if you have any questions along the way. Email: childrenscancerrun@neccr.org.uk





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School Spotlight Ovingham C of E First School

The staff, pupils and families of Ovingham Church of England First School have taken part in the Children's Cancer Run every year since 2001. Between 60 and 100 people take part on behalf of the school each year and have raised over £25,000 to date for research into childhood cancer.

Here is what they have to say about taking part

“As a staff team we love the run and so do the children. We incorporate it into our healthy schools policy, helping the children to stay fit and healthy and teaching them to exercise safely. Taking part in the run gives us a chance to teach the children about giving and helping others, something very important to the whole ethos of our school.”





“Supporting the NECCR has become an established event at our school. For the past 17 years we have enjoyed supporting this very worthy cause that can touch all of our lives. The event involves us training together, getting fit as a school and running with our families, school staff and fellow pupils. A whole school enthusiastic approach to fund raising for NECCR.”

Julie Raistrick, Head Teacher

Ovingham C of E First School's top tips for other schools

Before the run

- 1 Choose a well organised key member of staff to co-ordinate everything.
- 2 Enthuse the children through assemblies to encourage them to sign up – they will love the picnic at the end!
- 3 Make sure everyone is welcome to join the school team – staff, children, parents, siblings and other family members.
- 4 Make sure the children know what they are raising money for – Download the 'Assembly' template from the School Resource section of the Children's Cancer Run website.
- 5 Send a letter to all parents with a step by step guide on how to register (see sample letter).
- 6 Hold lunch time training runs at school for 4 weeks before the run.
- 7 Teach the children how to warm up and cool down so they are prepared for the run day.

On the day

- 1 Print your school logo onto A4 sheets and ask everyone to pin it to their back.
- 2 Have a big banner at the schools meeting point on the day for everyone to get together before and after the run.
- 3 Don't forget to take lots of photographs to make a display in school.
- 4 Warm up as a group to get everyone in the mood and have fun!

After the run

- 1 Ask children to bring their medals into school the day after the run and take a school photo to share with NECCR and on your school fundraising page.
- 2 Send a thank you letter out straight after the run (see sample letter).
- 3 Contact your local press to see if they will run a story about your school's involvement.

