

# APPLICATION FAQs

## Virgin Money London Marathon 2020

Here are some of the questions we've had about our Virgin Money London Marathon places – we hope they are helpful but please do **get in touch** if your question isn't answered.

### What support will I receive from The Brain Tumour Charity?

We'll support you through every step of your marathon journey, with your dedicated contact, Sarah giving you one-to-one support with fundraising. As well as this you can look forward to:

- closed Facebook group for The Brain Tumour Charity team – introduce yourself to the rest of the runners, you're all one big family when it comes to the big day!
- Strava team
- free charity running vest
- London Marathon fundraising pack – with a twist!
- invitation to our bespoke training day in November with a specialist marathon coach to answer all your training needs throughout your journey.

On the day, we'd love your family and friends to join us at our cheering points where they'll help us be the loudest bunch on the route!

Finally, you'll be invited to our runners' reception where you can enjoy some well-deserved food and drink and relax with a shower and massage.

### Does it cost me anything to run for The Brain Tumour Charity?

Applying to run for us is completely free. If your application is successful, we ask for a registration fee of £50 – this is to help towards our costs and is non-refundable.

### What is the minimum sponsorship?

We do ask all our Charity/Gold Bond place runners to raise a minimum of £2,700 for their Virgin Money London Marathon place (excluding Gift Aid). This could fund two weeks of top quality research; in this time, researchers could test the response of glioblastoma cells to a new drug to determine if it stops tumour growth.

### How do I apply for the marathon?

You can apply to the marathon in two different ways, either for a charity place or through the public ballot.

The 2020 public ballot will be open just after the 2019 event (dates tbc) and will be open for five days, with potentially over 400,000 people expected to apply within this time. In October 2019, The Virgin Money London Marathon will announce those who have been successful. If this is you, please get in touch – we would love to support you!

To apply for one of our charity places (also known as Gold Bond place), fill out our **online form** – our places are awarded purely on the strength of the application submitted so please take time to explain your motivation to run for us and how you plan to reach the minimum fundraising target.

### Is there an application deadline?

The deadline to submit your application for one of our charity places is **31 July 2019**. We don't allocate our places on a first come first serve basis, so please do take your time when completing your application. Our panel from across The Charity will look at each one before deciding our team.

### **Can I apply to the public ballot and for a charity place?**

Yes, double your chances of running in the Virgin Money London Marathon by applying to both the public ballot and for one of our charity places!

### **When will I know the outcome of my application?**

We'll let you know the outcome of your application by the beginning of October, in line with the ballot results. If you're lucky enough to be offered both a ballot place and one of our charity places, please let us know so we're able to offer our place to another runner and raise even more vital funds!

### **What if I can't raise the minimum sponsorship?**

We do ask that you take the minimum sponsorship seriously, but if you are worried about hitting the minimum sponsorship target, we're here to help. We'll support you every step of the way and will help give you lots of ideas to make sure you're on track with your fundraising!

We do ask that your first donations are received by 31 December 2019 but don't require the full £2,700 until 8 weeks after the Virgin Money London Marathon.

### **What is the latest point I can pull out of the marathon and still roll my place?**

If you have a ballot place you will be able to defer your place up to the day before the Virgin Money London Marathon 2020 (date tbc) but must do this by 8pm. To do this you would need to complete the online withdrawal form on the Virgin Money London Marathon [website](#) and you will then receive confirmation of your guaranteed place for 2021 (usually in June).

If you have a Gold Bond place, YOU MUST TELL US! You can't withdraw yourself as technically the place belongs to The Charity, so let us know if you are no longer able to take part. Our Gold Bond rollovers are decided on case by case basis and cannot be guaranteed.

### **Can I run for more than one charity?**

If you are successful in getting a Gold Bond place, you would be expected to run in support of and fundraise for only that charity, and we're here to support you every step of the way in achieving your target.

If you have a ballot place, you can run and fundraise for multiple charities if you wish.

### **Do I have to run it in a specific amount of time?**

No, we know that every runner goes at a different pace – we'll be with you from the start all the way until you cross that finish line!

### **Do I need to have run a marathon before?**

No, but we highly recommend taking part in a half marathon before your take on a full marathon. Our team coach says that it is ideal to be able to get three runs around 18 miles before the race – whether these are training runs or events is up to you.

### **Can I run it in fancy dress?**

Of course! Do let us know what you're planning as we may be able to help and notify the organisers and see what we can do to support this.