

RUNNING FOR OUR HOSPITALS



YOUR 2026 GUIDE



WELCOME TO THE TEAM!

Thank you for registering to take part in the 2026 Great Manchester Run in support of our family of hospitals. You're now part of our amazing team – joining runners taking on the 10K or Half Marathon, alongside our younger supporters in the Junior & Mini Great Manchester Run.

We're incredibly grateful for your support. Every step you take will help make a real difference to patients across our hospitals.

WHAT TO DO NEXT

COMPLETE YOUR RACE REGISTRATION

To confirm your entry, you'll need to complete a second stage of registration. You'll receive an email from **Let's Do This** within the next few days – please follow the instructions in the email to complete your registration. Your entry is not guaranteed until this has been done.

If you haven't received the email within three working days of receiving this pack, please [get in touch with us via email](#).

SET UP YOUR FUNDRAISING PAGE

Setting up a JustGiving page makes it easy to share your fundraising efforts with friends, family, and colleagues.

If you're using one of our discounted charity entry places, you've committed to raising a minimum sponsorship amount. If you registered and paid for your own place, there's no minimum sponsorship requirement, but any fundraising you do is hugely appreciated.

Please set up your JustGiving page using the link that matches your event.

FUNDRAISING AS A TEAM?

You can also create a Team JustGiving page to keep all your fundraising in one place by using the **'Team'** function on your individual page.

10K
Charity place fundraising goal:
£100+
Set up your [JustGiving page](#)

HALF MARATHON
Charity place fundraising goal:
£200+
Set up your [JustGiving page](#)

CLAIM YOUR FREE T-SHIRT!

When you registered, we asked whether you'd like to receive a free cotton charity t-shirt and to select your preferred size.

To claim your t-shirt, simply set up your fundraising page. Once we receive confirmation that your page is live, we'll send your t-shirt out to you.

We hope you'll wear your t-shirt during training and on race day to help spread the word about who you're running for.

Your t-shirt will be sent within five working days of setting up your fundraising page, all sizes are strictly subject to availability. Please allow additional time for delivery.

USE THIS PACK

We have filled this pack full of information we hope you will find useful – from training tips to fundraising ideas, to just some of the ways your fundraising will make a real difference to patients of all ages throughout our hospitals.

WE'RE HERE TO HELP...

If you would like to talk to our team about any aspect of your fundraising, please let us know by dropping us an email or giving us a call.

charity.events@mft.nhs.uk
0161 276 4522

THANK YOU FOR BEING PART OF OUR TEAM!



THE DIFFERENCE YOU WILL MAKE

Thank you for taking part in this year's Great Manchester Run and supporting our family of hospitals.

With the help of amazing people like you, we raise funds that go over and above core NHS funding to make a real difference for the patients cared for in our hospitals. With your support, we can ensure patients throughout our family of hospitals receive the very best care in the very best facilities.

Here are just a few examples of how your fundraising can make a lasting impact:

BRINGING THE MAGIC OF THE MOVIES TO OUR PATIENTS



Long or frequent hospital stays can be lonely and stressful – not just for patients but also for their families. Our **MediCinema Appeal** is raising funds to create Manchester's first fully accessible, in-hospital cinema for patients at both Royal Manchester Children's Hospital and Manchester Royal Infirmary.

With your support we can create a warm, welcoming space where patients of all ages can safely enjoy the latest blockbusters and much-loved favourites – even from a wheelchair or hospital bed.

By supporting our MediCinema Appeal, you can lift spirits, create moments of normality, and give patients the chance to create positive shared experiences with their loved ones while in hospital.

WHY IT MATTERS:

- Lifts spirits during treatment
- Reduces stress and anxiety
- Brings comfort and a sense of normality
- Helps families create happy memories together

MORE WAYS YOUR FUNDRAISING HELPS:

CUTTING-EDGE TREATMENTS

Your donations help fund state-of-the-art equipment for diagnosis and treatment, ensuring our patients receive the very best possible care.

PIONEERING MEDICAL RESEARCH

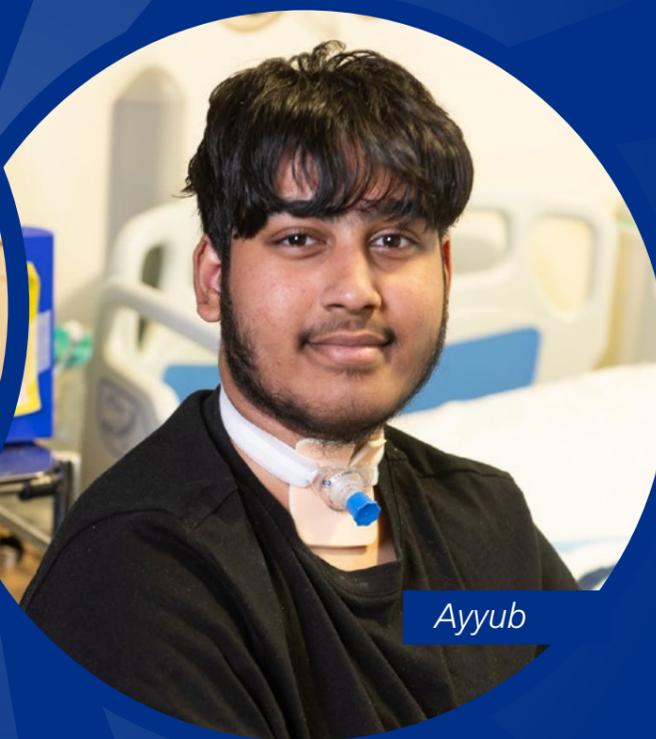
Your support helps fund innovative research to improve our understanding of illnesses and discover the most effective treatments.

CREATING WELCOMING ENVIRONMENTS

Fundraising enables us to provide friendly, comforting spaces where patients and their families feel supported and at ease during their time in our hospitals.



Marley



Ayyub

You can help patients like **Marley** who has spent much of his young life in and out of hospital, and **Ayyub** who has spent more than 12 months in our care after a virus suddenly left him paralysed from the waist down.

THANK YOU

Whatever you raise, you are making a real and lasting difference for our patients and their families, both now and in the future.

OUR TOP FUNDRAISING TIPS!

SHARE YOUR STORY

Let people know why you're taking part. Keep supporters updated on your training, your goals, and what's motivating you – personal stories inspire donations.

DRESS UP YOUR TRAINING

Add some fun to your fundraising by completing a training session in fancy dress. Ask friends, family, or colleagues to sponsor you - and let them choose the outfit!

GUESS THE TIME!

Ask colleagues to donate to guess your finishing time for the Great Manchester Run. After race day, award a small prize to the closest guess – it's simple and fun!

GET YOUR COLLEAGUES INVOLVED

Start an after-work run club or invite colleagues to join you for a training session. It's a great way to boost motivation, team spirit, and fundraising – whether they're running or supporting from the sidelines.

EXTRA DONATIONS

To give your total a final boost, ask friends, family, or colleagues to donate an hour's pay. You could even turn it into a prize draw to add a little extra incentive.

SHARE ON YOUR SOCIAL CHANNELS

As your training progresses and your fundraising grows, keep sharing updates on your social platforms to build momentum and spark interest.

And don't forget to tag us @mftcharity so we can cheer you on and share your posts!

RECORD TRAINING VIDEOS

Short videos are a great way to bring supporters along on your journey. Share clips of your training, milestones, or race-day prep across your social channels.



HOW TO PAY IN YOUR SPONSORSHIP

Once you have finished fundraising, please send your sponsorship to us. We ask that all fundraising is submitted within 6 weeks of the event, by **Monday 13 July**.

If you fundraised using JustGiving, you don't need to do anything - JustGiving will automatically transfer all of the money you have raised to us. If you have raised sponsorship offline, you can pay it in using one of the following ways:

ON OUR WEBSITE

Please [visit our website](#) to pay your sponsorship in online. Please use the reference box to let us know that you took part in the Great Manchester Run.

BY TELEPHONE

You can call our office any weekday (excluding bank holidays) between 10am and 4pm.

IN PERSON

If you are visiting one of our Oxford Road Campus hospitals, you can pay in your sponsorship in person at our office inside the main entrance of Royal Manchester Children's Hospital. Our office is open Monday – Thursday, 10am – 4pm.

BY POST

Send a cheque made payable to **MFT Charity** to:

Charity Office
Manchester University NHS Foundation Trust,
Cobbett House,
Oxford Road,
Manchester, M13 9WL

This year all funds raised at the Great Manchester Run will support our MediCinema Appeal. However, if you would prefer your fundraising to support a specific hospital or ward that is meaningful to you, please let us know when you pay it in.

THANK YOU FOR MAKING A DIFFERENCE FOR OUR PATIENTS!



FAQs

We've pulled together a list of handy FAQs to make sure you have all you need ahead of the big day. If you're unsure about anything that isn't already covered below, don't worry – our charity team is here to support you.

NOW THAT I HAVE COMPLETED MY CHARITY REGISTRATION, IS MY RACE ENTRY GUARANTEED?

Entry is a two-stage process. If you have registered on the charity website, your place is reserved, but it will only be confirmed once you complete Stage 2.

To complete Stage 2, please look out for an email from **Let's Do This** and follow the instructions in that email to complete and confirm your registration.

If you have not received the Let's Do This email within three working days, please first check your Junk/Spam folder. If it's still not there, [contact us via email](#).

WILL I RECEIVE A CHARITY T-SHIRT TO WEAR ON RACE DAY?

During the registration process, you were asked if you would like a free charity t-shirt. To claim your t-shirt, you must commit to fundraising by setting up a JustGiving page.

Once your page is live, JustGiving will notify us automatically, and we'll post your t-shirt to the address you provided. Please allow up to 10 days for delivery.

WHAT HAPPENS IF I DON'T RAISE THE REQUIRED MINIMUM SPONSORSHIP?

The sponsorship raised at events like the Great Manchester Run helps us go beyond core NHS funding to support projects that make a real difference in our hospitals.

By committing to a minimum sponsorship target, you enable us to plan our support for cutting-edge treatments, pioneering research, and projects like our MediCinema Appeal, which will bring comfort, joy and welcome distraction to patients during long hospital stays. If you're worried about reaching your fundraising target, please get in touch early – we're here to support you every step of the way.

CAN I CHANGE DISTANCE, FROM 10K TO HALF MARATHON OR VICE VERSA?

If you have completed your registration but later wish to change your distance, please contact us as soon as possible. Any change is entirely at the charity's discretion and is strictly subject to availability.

Please note that registration fees are non-refundable.

WHAT DO I DO IF I BECOME ILL OR INJURED BEFORE THE EVENT?

If you become ill or injured and are unable to take part, please let us know as soon as possible. Your place will then be returned to the charity so it can be offered to another supporter. Please note that registration fees are non-refundable.

Requests to defer your place to the following year will be considered at the charity's discretion and may be subject to additional fees. If you're unsure what to do, please get in touch – we're happy to help.

WHEN WILL I RECEIVE MY RUNNING NUMBER AND RACE PACK?

Your running number, wave, start time, and key information about what to do on race day will be included in your Great Manchester Run pack. This will be posted to you directly by the Great Run Company in the weeks leading up to the event.

If you change address, please [update your registration details](#) with the Great Run Company.

If you have any additional queries about your race pack, please [contact Great Run Company](#) directly.

WHAT HAPPENS IF I DON'T RECEIVE MY RACE PACK?

If your race pack hasn't arrived in the post, you can collect it in person on the morning of the event. For more information, visit [The Great Run company's webpage](#) or [contact the Great Run Company directly](#).

I STILL HAVE A QUESTION – WHO SHOULD I CONTACT?

Before getting in touch, please check this FAQ section first, as it covers the most common queries and highlights which questions should be directed to the Great Run Company.

If you still need help, you can reach us using the contact details below:

Email: charity.events@mft.nhs.uk

Tel: 0161 276 4522



GREAT MANCHESTER RUN

THANK YOU!

for making a difference to the patients and families who are treated by our family of hospitals.

Our hospital family:

North Manchester General Hospital, home to the region's specialist infectious diseases unit.

Manchester Royal Infirmary, a national centre for services including kidney and pancreas transplants, liver surgery and rheumatology.

Wythenshawe Hospital, recognised as a centre of clinical excellence, with specialisms in heart and lung transplantation, cancer and breast care services and respiratory conditions.

Royal Manchester Children's Hospital, the largest and busiest children's hospital in the UK.

Manchester Royal Eye Hospital, providing world class ophthalmic care to the people of Manchester and the North West, and first hospital in the country to offer community eye clinics on the high street.

Saint Mary's Hospital, providing world class medical services for women, babies and children as well as a comprehensive Genomics Centre and an internationally recognised teaching and research portfolio.

The University Dental Hospital of Manchester, a major dental teaching hospital for the UK.

Withington Community Hospital, offering diagnostic treatment, day surgery and community services.

Trafford General Hospital, the birthplace of the NHS.

Altrincham Hospital, providing general specialist and diagnostic and outpatient services, including kidney dialysis clinics.



  Manchester Foundation Trust Charity

 @MFT_Charity  @MFTCharity

Registered with the Charity Commission as Manchester University NHS Foundation Trust Charity.
Registered Charity 1049274.

Manchester Foundation
Trust **Charity**