

# Thank you for choosing to support Move On at the TCS London Marathon 2026!

We're excited to have two charity places in the London Marathon for the first time.

## What are you signing up for?

Each runner needs to raise £2,500 for Move On. Since this is such a big event with a high fundraising target and intense training, we want to make sure you understand what you're signing up for.

We also want our runners to be fully committed and share our goal of helping people overcome challenges and create positive, lasting change in their lives.

We're here to help you with your application and answer any questions you have about the process or the event. If you'd like to chat, please contact Liz on liz@moveon. org.uk

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I thought all my struggles were purely mine, but, since starting with Move On and the mentoring, they've showed me that you always have someone to help you achieve little goals that you set for yourself."

- Euan, mentee



Hear Euan and Jordan speak about their experience together at our mentoring service <u>here</u>.

find out more moveon.org.uk

# Move On supports people to achieve personal goals and make positive lasting change in their lives.

We believe that we all need support at different times in our lives. For too many people a lack of opportunities is a barrier to reaching their full potential. We want to change that.

Our services offer everyone an equal chance to gain experience, skills and confidence, achieve personal goals and reach a brighter future.

# We're here to champion & support you through every step of your London Marathon journey

As a Move On runner, you will receive:

- A Move On vest to wear during your training and on race day.
- Lots of fundraising tips and suggestions to help you make the most of your fundraising.
- An invitation to join our Move On runners London Marathon WhatsApp group, so that you can share your journey and pictures and ask questions.
- A runner's goodie bag.



Jayden secured a placement with City Scaffolding after completing our 'Building Brighter Futures' employability course.

Read more on Jayden's success here.



Volunteer **Brooke** supporting us to sort and distribute surplus food at our **FareShare Glasgow and the West of Scotland** social enterprise.

## Tips for a great application

## **Contact details**

Please make sure this information is correct and up-to-date. Applications will be reviewed during the summer, and we will be contacting all applicants soon after. Please be aware you may not hear from us straight away.

## Why us?

Make sure you include as much information as you can about your connection to the charity, and why you'd like to run for Move On.

## **Experience**

Let us know about any running experience or previous fundraising or campaigning that you have done.

## **Fundraising plan**

Include as much detail as you can about your fundraising plan. Are you going to plan any events? Are you going to organise a cake sale, a bingo night, a raffle or a car boot sale? How much do you expect to raise from each activity? Who will you share your online fundraising page with? Does your employer offer match funding?



# Ready to apply?

To complete our TCS London Marathon 2026 Move On team application form, please follow the link **beau**.

If you require the application form in an alternative format, please contact Liz (liz@moveon.org.uk).

## Frequently asked questions

## Does it cost me anything to run the London Marathon for Move On?

If you are successful in gaining a place in our team, you will be asked to pay a registration fee of £100 to secure your place and cover our costs. This registration fee is non-refundable.

### What is the minimum fundraising target?

We ask all our charity place runners to raise a minimum of £2,500 for Move On.

#### What if I can't raise the minimum fundraising target?

We do ask that you take the minimum fundraising target seriously, although we do appreciate that raising such a huge amount can be daunting.

We take a lot of care when setting the minimum amount to make sure that the charity makes a profit and that that money is spent where it is needed most.

If you are worried about hitting the minimum sponsorship target, don't be! We are here to help you throughout your fundraising journey, whether that is giving you support, ideas or advice, or providing you with fundraising materials. Just keep in touch, we're all in this together!

## When is the application deadline?

There is no current deadline, but we ask that you apply as soon as possible to avoid any disappointment.
Places are limited and may become unavailable.

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

Of course, If you are successful in gaining a charity place and you are then successful in the ballot, just let us know and we will reassign your place to another runner. You can still support Move On and will receive the same support as you would if you were a charity place runner.

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

Applications will be reviewed during the summer and you will be contacted shortly after with your outcome. If you have been successful in securing a charity place with us, you will be expected to confirm your place and pay your registration fee within 3 working days.

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

If you are successful in securing one of our charity places, we ask that all your fundraising goes to Move On. If you have a ballot place, you can run for as many charities as you like!

#### What happens if I need to pull out of the marathon?

If for any reason you are unable to run in the London Marathon, you must contact the team at Move On as soon as possible. We will discuss rolled over places on a case-by-case basis.

## For further information, please contact Liz (liz@moveon. org.uk).