

The St. James's Place 2010 10K Fun Run

Supported by Running Somewhere Else AC

WHEN

- The event will start at 10.00am on Sunday **18th July 2009**.
- Registration will be between 8.15am through to 9.45am.
- If you are an SJP employee and have raised money through sponsorship for the foundation, please bring a copy of your sponsorship forms on the day and be ready to confirm the total amount of funds raised. **A trophy will be given to the top fundraiser.**

10k Multi-Terrain Run

This 10k multi terrain run is run over the private traffic-free tarmac, gravel roads and fields within Cirencester Park on the Bathurst Estate, perhaps better known as a leading polo venue. The run will be one circuit of the leisure area of the Park, through wooded trails.

ENTRY FEES / FORMS

The entry fee for an affiliated athletics club member is £8.00. For a non affiliated members, the fee is £10.00 which can be paid by cheque. If you're a St. James's Place employee, you can elect to pay through salary deduction. **The closing date for postal entries is 4th July - Race limit 500. In the event of the run being cancelled due to adverse weather, the entrants will be e-mailed. Due to the popularity of the event we expect places to fill fast this year, so please get your entries in early.**

The entry form (if you have not already signed up) can be requested via Business.Assurance@SJP.co.uk, who will send a PDF version via return of e-mail. Alternatively you can ring 01285 878342 and we will send one to you in the post. SJP employees can access details from the intranet under Library>Partnership>Business Assurance>SJP Fun Run or simply pop over and see us! You can also print the entry form directly from www.activesomewhereelse.com



FACILITIES

On site car parking is provided directly adjacent to the start (see directions below). Only basic changing facilities will be available on site, so it's best to come ready to run. Refreshments a BBQ, and weather permitting live music will also be available. The course will be marshalled and basic medical support will be on hand.

SPONSORSHIP

Whilst there is no minimum or maximum, we will be hoping that each SJP employee who enters the race (and anyone else who can help of course) will raise as much money through sponsorship as possible. **£50.00 per person** would ensure we surpass our target of **£25,000** from this event before matching.

A copy of the completed sponsorship form or your total raised funds should be confirmed to the registration tent on the day of the event. St. James's Place will match every £1.00 raised. Last year the event managed to raise over £25,000 for charity.

Sponsorship Forms are attached to the bottom of this pack. You may find that those sponsoring you are happy to give on-line in which case we have added the "SJP 10K Fun" as an SJP Foundation event on **Justgiving.com**. If you go to <http://www.justgiving.com/sjpfoundation> and click on 'raise money' and then 'create your page', you can add the St. James's Place 10K fun run event that has been set up. This enables you to e-mail colleagues etc who might be able to sponsor you online. It's easy (less than 5 mins) to set up and can cut down on the time you spend collecting money after the event. Alternatively, you can make donations directly to a page already set up, <http://www.justgiving.com/SJP-10K>

Training

Some of you may find this website link a useful tool in preparation/training for the fun run. It's basically a route planner so you just pop in your postcode, click start and then click on the map to plan a practice route and it will tell you how far it is. (10k is 6.21 miles)

www.goodrunguide.co.uk/RoutePlanner.asp or you can use www.mapmyrun.com

DIRECTIONS:

From St. James's Place Head Office

1. Exit the Head Office car park turning right
2. Follow the one way system bearing right and right again
3. Carry on straight over the mini-roundabout with Waitrose on your left
4. Go straight over the next larger roundabout, taking the 3rd exit and continue up the hill on the dual carriageway for a few hundred yards (A419)
5. At the next roundabout, turn right taking the 2nd exit and continue up this road past the Cirencester College (on your right) and past the Royal Agriculture College (on your left).
7. Hopefully you will now be on the A419 to MINCHINHAMPTON & STROUD
8. The entrance to the park is approximately 1.5 miles from the last roundabout. You will notice signs on the left hand side of the road, opposite the entrance which is on the right. Stewards / signs will direct you to parking and the run starting point.

From London

1. Take the M4 motorway to the WEST out of London.
2. Exit the M4 motorway at JUNCTION 15 (Swindon East).
3. Taking a RIGHT turn at the motorway roundabout, Proceed NORTH up the A417 to Cirencester.
4. Exit the dual carriageway at the sign marked 'CIRENCESTER INDUSTRIAL ESTATE'
5. Follow signs to the Royal Agricultural College and Stroud (you will go over 4 roundabouts)
6. Hopefully you will now be on the A419 to MINCHINHAMPTON & STROUD
8. The entrance to the park is approximately 1 mile from the last roundabout. You will notice signs on the left hand side of the road, opposite the entrance which is on the right. Stewards / signs will direct you to parking and the run starting point.

From the M5

1. Leave the M5 at Junction 11a to Cirencester on the A417 to the Airballoon roundabout.
2. Take the second exit towards Cirencester and continue on the A417 over the next roundabout signed Cirencester and M4
3. After approximately 7 miles exit at the junction signed Stow and Cirencester and at the roundabout take the 4th exit A429 - towards Cirencester.
4. Go straight over the next roundabout.
5. At the next roundabout take the 1st exit Following signs the The Royal Agricultural College (RAC) and Stroud on the A419.
6. You will go over three more roundabouts.
7. After the roundabout by the hospital you will go up a hill still following the A419,
8. Take the second exit at the roundabout at the top of the hill on the A419 to Stroud, you will pass the RAC on the left
9. After another 1.5 miles the entrance to the park is on the right hand side with signage on the opposite side of the road. You will then be met by stewards who will be able to direct you to the appropriate parking **Please ensure that you adhere to the 20 MPH speed limit set in the park.**

For those using a Sat Nav, please input post code: GL7 1RN

Accommodation Details

Stratton House Hotel

Gloucester Road Cotswolds, England, GL7 2LE - 01285 651761

Cotswold Water Park Four Pillars Hotel

Lake 6, Spine Road East, South Cerney, GL7 5FP - 01285 864 000

Travelodge Cirencester

Burford Road, Cirencester, Cotswold, GL7 - 0871 984 6233



Background

As a successful commercial organisation, the St. James's Place Group believes it has a responsibility to apply some of its profits and energy for the benefit of people whose lives have been adversely affected by illness and or some form of disadvantage. To this end, the St. James's Place Foundation was established in 1992, funded during the first seven years entirely by members of the Partnership and employees of the Group. In 1999, the shareholders of St. James's Place agreed that, in future, the Company should match, pound for pound, all monies raised by Partners & Staff.

How we make a difference

At present we give vital funds to UK registered charities whose work is based on our two main themes "Cherishing the Children" and "[The Hospice Movement](#)".

Cherishing the Children

Any charity with an annual income of less than £600,000 that has a project that will provide directly for young people (under the age of 25) within the UK who suffer from physical or mental health difficulties or conditions, or a life threatening or degenerative illness can apply for a grant of up to £10,000 from the Foundation.

The Hospice Movement

The Foundation makes grants of up to £10,000 to Hospices in the UK for items such as equipment or a contribution toward the cost of specialist nurses or therapists.

In addition to the grants awarded under the "themes", the Foundation has formed a long term relationship with [Hope & Homes for Children](#), a UK-based charity, which provides family homes and other support for children orphaned by war or disaster. More than £2.6 million in total has been given to Hope & Homes for Children in the last 9 years.

We are also funding the building of specialist Hydrotherapy Centre at The Children's Trust's centre in Tadworth, Surrey at a cost of £1.2 million. [The Children's Trust](#) offers residential care, education, rehabilitation and therapy for some the UK's most profoundly disabled children.

[Help the Hospices](#) is the umbrella organisation for independent hospices in the UK. In March 2004, the Foundation and [Help the Hospices](#) joined forces to bring hospice and palliative care to non-cancer patients and their families. The commitment we made was over a three-year period for a total of £800,000.

The Foundation also supports [Teenage Cancer Trust](#) and [CIDA](#) - with a total commitment of approximately £440,000. Teenage Cancer Trust aim to open 21 units around the UK for teenagers with cancer - they currently have 8 units. Each unit costs in the region of £1.5 million. CIDA is a University in South Africa run by the students. CIDA has implemented formal programmes that require students to give back to their home community.

In total, over £10.7 million has been given in grants to all causes since the Foundation was established just over 16 years ago and it's proud of what's been achieved in that time. We look forward to the challenge of sustaining and increasing its growth so that even more people may benefit from its success.

Thank you for supporting the St. James's Place Foundation