

RUN NORWICH 2020



Run Norwich 2020 Virtual 10K – keep the Run Norwich streak alive!



We wanted to get in touch with everyone who had signed up to Run Norwich 2020 and had chosen to support SENSational Families; either with an official charity place or by having entered the public ballot.

We were so excited to have been chosen as one of the official charities for Run Norwich 2020 and although we are in complete agreement with the very difficult decision to cancel it, we are still devastated. Like so many charities we are hugely reliant on fundraising events to help fund the work that we do, and this is a massive blow, even more so due to the increase in demand for our support services due to Covid.

The Norwich City Community Sports Foundation, the organiser of Run Norwich, are still extreme keen to try and make sure an event happens this year. As you may have already heard they are intending to hold a virtual 10k run instead. We appreciate this is not quite the same as participating in the real thing but it is still an amazing way for you to still support us during such challenging times. If you were running with an official charity place you do not need to do anything, as you will have automatically been entered into the Virtual 10k. If you had a place through the public ballot and do not claim a refund, you too will also be automatically entered.

One of the objectives of Run Norwich is to get or keep people active and enjoying their running, and Run Norwich don't want to take away that goal in 2020. The Virtual 10K will give everyone that Run Norwich feeling, in a year when we'll all miss the real thing so very much.

Run Norwich will convert the existing event on the Active Network system to a virtual event, and you will be automatically entered unless you claim a refund during the refund request window. From October 18th at 9:30am, the date that the rescheduled Run Norwich 2020 was due to take place, Participants can run 10K anywhere they choose and submit a time for the Run Norwich leader board. Run Norwich will provide full details of the Virtual 10K and time submission process nearer the date. Over the next couple of months Run Norwich will also be working hard to put together an awesome virtual goody bag for everyone that takes part – as well as a digital race number and certificate that can be printed off and display at home and on social media. For more information, visit the official [Run Norwich website](#).

We would totally love you to keep your place and continue to support us. Many of you have already gained lots of sponsorship and this will help us enormously with trying to provide the extra support so many families are needing now. During the last few months, we have worked extremely hard to support families in a time that none could have imagined possible 6 months ago. This has included securing funds to employ a new member of staff as part of our support team, sending out over 750 packages to SEND children in Norfolk to help bring a smile during lockdown, each containing yummy treats, sensory toys, craft activities and supportive information for parents. As well as working closely with other support charities and the Local Authority to provide up to date information related to Covid. Currently we are attempting to send out 100's of boxes of goodies to parent / carers of SEND children from across Norfolk.

So if you are up for the Virtual 10k, please do let us know so we can ensure we can keep you up to date with information. We do hugely value everyone support, now more so than ever.