

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

FAQs

How old do I have to be to take part in the Virgin Money London Marathon?

The minimum age for participants is 18. This restriction is set by the event organiser, and so we are unable to accept any younger participants onto our team under any circumstances.

What is the difference between an Own Place and a Charity Place?

An Own Place in an event is one that you have secured by paying a registration fee to the event organiser directly. There is no minimum sponsorship pledge if you have your Own Place, but we do encourage you to set yourself a fundraising target.

A Charity Place in an event is one that you have secured by getting in touch with Parkinson's UK, and paying your registration fee to us. Our Charity Places always require a minimum sponsorship pledge. The support that we offer our Charity and Own Place runners is identical.

What support will I get?

As soon as you have signed up to your event we will send you a welcome pack in the post, containing sponsorship forms and fundraising advice. About 4 weeks before your event you'll be sent your race pack, containing your running top as well as the details of our plans for the day.

Parkinson's UK will be there on the day to cheer you on, at our official supporter point on the course.

Friends and family that come along can pick up their cheering materials here too!

You can also find us in the charity village at the end of the run, where you'll be able to get refreshments, a photo with your medal and a post-race massage for your aching legs.

How do you allocate your Charity Places?

Parkinson's UK receives a very limited number of Charity Places in the London Marathon, and these are always hugely oversubscribed. The application system for our London Marathon places opens shortly after the previous year's event, and closes approximately 1 week after the public ballot results are announced in October. We allocate our charity places based on the strength of applications, and so recommend that you include as much information as possible when completing the form.

Parkinson's UK will only allocate an individual fundraiser a Charity Place in an oversubscribed event for 2 consecutive years to allow new supporters the opportunity to fundraise for the charity. Anything more than this is very rare and will only happen in exceptional circumstances. Please note that taking a 1 year break in applying does not guarantee you will be allocated a charity place in the next event.

Why do you ask for a registration fee and minimum sponsorship amount to secure a Charity Place?

Parkinson's UK incurs certain costs in securing Charity Places from the event organiser, and from supporting our fundraisers. We therefore have an obligation to people with Parkinson's to maximise the fundraising potential of our events, and so ask for a registration fee to ensure participants using our Charity Places share this commitment.

Your minimum sponsorship allows us to continue our important work improving the lives of everyone affected by Parkinson's, as well as covering the cost of your place. Please note **that your registration fee does not count towards your minimum sponsorship total.**

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Does Gift Aid count towards my minimum sponsorship total?

Gift Aid does not count towards your minimum sponsorship total, as we are unable to guarantee that we will be able to claim it from all of your donations and so it can be quite inaccurate. However, Gift Aid is still a fantastic bonus to your fundraising and so we do recommend that you encourage your sponsors to provide their details for these claims.

I would like to collect sponsorship online, am I able to do this?

Yes, Parkinson's UK has accounts with [Just Giving](#) and [Virgin Money Giving](#). The difference between these providers is minimal, so the choice of which to use comes down to personal preference.

Am I able to restrict my sponsorship to a certain area of Parkinson's UK's work?

The sponsorship you raise can be restricted to the following areas of Parkinson's UK's work:

- Research
- Your local region
- A Local Branch/Support Group

If you don't request for the money you raise to be restricted, it will be allocated to where it is most needed.

Due to the financial commitment made when securing Charity Places, you are only able to fundraise for a Branch or Support Group if you have your Own Place.

I would like to raise money for my local Branch/Support Group. How long will my sponsorship take to reach them?

Parkinson's UK transfers money to our Local Group Network on a quarterly basis, and so on average it will take 3-4 months for your sponsorship to reach them.

What if I am unable to raise minimum sponsorship asked of me?

Parkinson's UK incurs costs in securing Charity Places from the event organiser, and minimum sponsorship totals are calculated based on this investment. If you are unable to raise the minimum sponsorship for your event, the charity could be out of pocket and unable to fund our vital work. We therefore encourage everyone interested in our Charity Places to seriously consider their ability to raise the minimum sponsorship amount before applying. If you do fail to raise the minimum sponsorship amount required, we will be unable to offer you a Charity Place in any future events – however, you will still be welcome to fundraise for Parkinson's UK with your Own Place.

If you do have concerns about raising this amount, we would recommend either applying for your Own Place, or getting a place in an alternative event where the minimum sponsorship is less.

What if I am injured and unable to take part in my event?

Your health and wellbeing is ultimately the most important thing, and so if you have been advised not to take part in your event by a doctor then we strongly recommend that you withdraw. If you are forced to pull out of your event, please let us know as soon as possible as it will allow us to reallocate your place. There is no obligation to raise the minimum sponsorship if you are forced to withdraw due to injury.