

WALK, RUN OR CYCLE 5KM & HELP RAISE MONEY FOR THE NHS

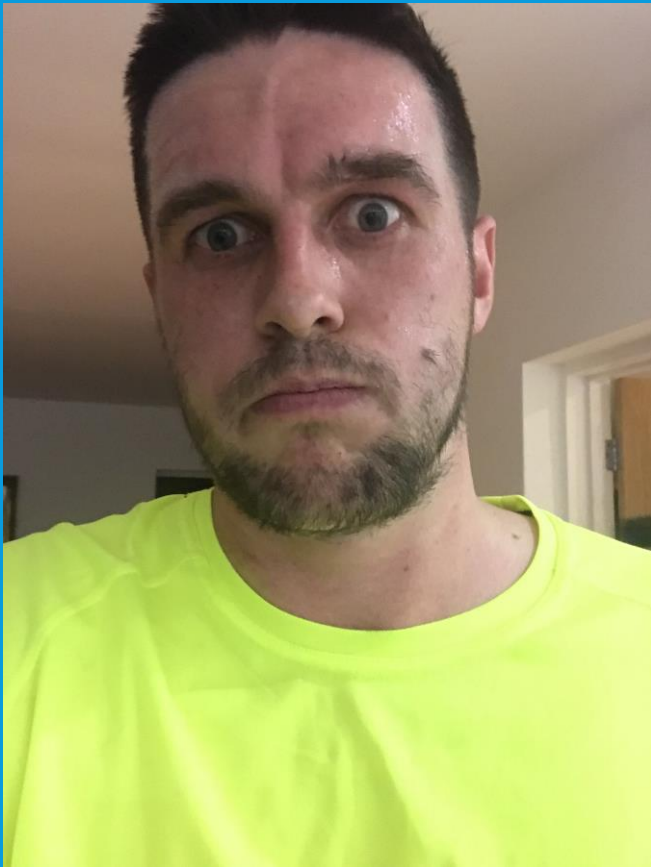
Schools Involved



CALLING ALL STUDENTS, STAFF & THE
LOCAL COMMUNITY

**We challenge you to walk, run OR
CYCLE 5km to help raise money for
the Addenbrookes Charitable Trust.**

TO GET INVOLVED, ALL YOU NEED TO DO IS:



1. TAKE A PHOTO OF YOURSELF DOING THE 5KM WALK/RUN/CYCLE

Take a selfie of yourself completing the 5km walk or run. You can even submit your time and map of your run if you wish too.

There are lots of great apps for this, such as [MapMyRun](#) & [Nike + Run Club](#)

2. SUBMIT YOUR ENTRY



Submit your entry by either:

- 1 - By completing the submission form via this link - <https://forms.gle/FboGyRnoDxR6Rxxr5>
- 2 - Tweeting your picture to @JasonCoe18 using the hashtag #Run5KForNHS
- 3 - Email your entry to your teacher: Ely College - JCoe@ElyCollege.co.uk

TO DONATE, PLEASE VISIT :
[HTTPS://WWW.JUSTGIVING.COM/FUNDRAISING/5KFORNHS](https://www.justgiving.com/fundraising/5kforNHS)

The JustGiving logo is displayed in white text on a purple rectangular background. The word "JustGiving" is written in a bold, sans-serif font, with a trademark symbol (TM) at the end.

- 3. GET SPONSORED
- Ask your friends & families to sponsor you on your 5k walk/run and make a donation to the [JustGiving Page](#).