



What is the challenge?

This challenge is 10k run for the Cardiff Bay 10k. The programme will run in partnership with Coach and Velindre Ambassador Katie Brickle. With the support of Katie and Velindre Fundraising, participants will be guided through a 5k-10k training programme.

What is included?

You will receive 19 hours of training sessions from 2 qualified Run Leaders. All participants will receive a training plan detailing when and what they should be practicing in between sessions.

You all also receive 1-2-1 fundraising support from a member of the Velindre Fundraising Team, a welcome pack complete with branded t-shirt and water bottle. Pre-event, you will be invited to an official launch event at The Angel Hotel where you will meet the coaching team and your fellow All Star runners ahead of the first training session.

Post event, you will get a medal and t-shirt from the Cardiff Bay 10K event team.

What difference will I make?

Your fundraising efforts and donations help us continue to be the leading provider of radiotherapy and other specialised anti-cancer treatments in Wales. It allows us to fund projects which improve the experience and outcomes of patients receiving care and support here.

With your support, we are able to offer better quality of care through complex treatment pathways, earlier access to cutting edge treatments, research into new treatments, purchase specialist equipment, fund invaluable support services and resources along with ensuring our staff have access to the most up to date training and techniques available.

It really is difficult to overstate the difference fundraising makes here at Velindre, but the benefits are invaluable.

Am I right for this challenge?

The challenge is suitable for anyone looking to support Velindre. We welcome runners who can run a 5k or who can already run for 30 minutes without stopping. All we ask, is that you are able to fully commit to the programme which will include training and fundraising responsibilities. (Please see section 'what is expected of me?' for more info).

What is expected of me?

Your commitment to the training programme is required to make sure you are ready for the event. This will include any additional homework or extra requirements advised by the coaches.

To raise a minimum of £150.

To appear on camera (at times when comfortable) To be available for the final event on Sunday 26th March 2023.

What is the end goal?

To participate in the Cardiff Bay 10K on 26th March 2023.



Have another question?

If you have any questions about the event that you'd like to ask the team, please don't hesitate to call us on 029 2031 6211 or email amy.penketh@wales.nhs.uk.



Am I guaranteed a place on the programme?

We are currently welcoming applications for this programme via an online form which will close on 7th January 2023. The successful candidates will be selected based on a number of factors including, ability, fitness along with their story and the connection to Velindre.

Liz's Story:

When I signed up to the All Stars 10k, I wasn't sure what to expect having not run before and being a person of more mature years who despite walking and swimming regularly wasn't particularly active. The first few weeks following the "homework schedule" was hard - I did not enjoy running on my own but how that changed when I joined the first group session.

What a difference, the support, encouragement and camaraderie with the rest of the team was what I needed. Katie and her side kick Tracy were an inspiration. It would be wrong to say I enjoyed running but the buzz when the session ended was brilliant. So slowly we run further and there were Tracy's interval sessions which seemed torture at the time but helped us reach our target - Cardiff Bay 10k.

Finally the day arrived and we were all there in our T shirts, tutus and glitter make up. The atmosphere was amazing. I was nervous and excited but once started determined to finish. And the feeling when I crossed the line was so emotional and I could hardly believe I had done it. So the All Stars programme improved my fitness, was a massive personal achievement and raised funds for Velindre CC so Win Win for everyone. So don't think you can't do it because you CAN !!!!

Lorraine's Story:

Are you looking to challenge yourself? If so, why not join a friendly running group - I joined Derek's Dazzlers pre-covid to help and support members find their love for running without realising that they were actually running - I can run 5ks, 10ks and have even taken part in a few half marathons, but for me it was all about joining a group of people who had been affected by cancer in one way or another and also make new friends. I also joined the group to give something back to Velindre and raise funds as a thank you for their care and support over the last 9 years.

A second group was created, called the AllStars, which again was a friendly group - some of the members hadn't done any form of running but by the end of the training, they were able to complete the Cardiff Bay 10k - the groups weren't just about running, but also created great social groups - when it comes to running, it's not about counting the miles, but making the miles count.

Gary's Story:

I joined the all stars because my brother in law had treatment at Velindre. I genuinely hadn't run for over 25 years and was very apprehensive about running again, especially with a group of people I didn't know.

Now, that group of people are good friends and my physical and mental health has improved.

If your thinking of joining, just go for it.



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