

Run the London 10k for the QNI and support community nurses and their patients!



The Queen's
Nursing Institute

16 February 2010

The QNI is looking for nurses to put on their running shoes again for this year's British 10k London run. Last year's run saw 17 volunteers run for the community nursing charity, and raise more than £3000 to support the QNI's work. This year we are hoping to double that.

The run will take place in a traffic-free central London, passing many famous landmarks, on Sunday 11 July 2009. It attracted over 27,000 runners last year and is expected to exceed this number this year. The run is open to all people of all levels, be it walking, jogging or running.

Rosemary Cook, director of the QNI, said 'We had a brilliant day at the run last year. The sun shone, our runners were easy to spot in their special QNI T-shirts, and they all finished!'

Last year's runners included a professor of nursing from City University and a group of her students (including Edwin Chamanga, see picture), the Chair of the Association of District Nurse Educators, and a former Olympian cyclist!

Ms Cook added: 'We are very excited to be taking part in this year's event. We need to raise funds to continue our vital work supporting community nurses - the unsung heroes of community healthcare - and ensuring that they can provide the best of care to their patients.'

The registration fee is £30 (which is non-refundable) and runners will be expected raise a minimum of £150 each in sponsorship. The QNI will provide fundraising tips, QNI materials, information for the day itself and the QNI T-shirt to run in. There will be support, ideas and advice for training right through to the big day itself: and QNI staff will be on hand to cheer runners on throughout the day.

For more information or to book your place please visit www.qni.org.uk or contact Joanna Sagnella on 020 7549 1400 or email joanna.sagnella@qni.org.uk.

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Notes to editors

1. The Queen's Nursing Institute is a registered charity, number 213128, and offers a wide range of support to community nurses at all stages of their career and in retirement.
2. High resolution photos of last year's run are available.