

ALL PROCEEDS GO TO

**Cameron Grant**  
MEMORIAL TRUST



# 2023 Half Marathon

# Walk

## Welcome walkers!

### **Congratulations on entering the Hampton Health Clubs charity event series!**

What an event we have in store for you on **Saturday 17th June!** Tea and coffee will be available from 08:30. Please arrive before 09:00 as you will need to be present for the briefing. At 09:20 we will gather for a team photo and then head out together.

We have 3 experienced walkers leading our expedition who will stagger the pace between them with one leader walking at the front with those who walk quickly, the second with a medium speed group, and the third who will walk at the back of the pack. Ideally you will make a choice on the group you wish to join at the beginning because changing groups might not be possible during the walk.

There will be two or three organised stops where you will have chance to take a short break (5 to 10 minutes) for food and drink so please bring enough food and water with you. We advise storing it in a back pack.

The event starts and finishes at the Hampton Health and Fitness Club where you can leave your car. When you arrive back at the club please feel welcome to use the showering and changing facilities should you wish, and if possible stay and welcome walkers who arrive after you. In the event that someone feels unable to continue then there will be a support car on call. However, we ask that if you are feeling that completing the distance is not right for you then talk with your walk leader at the earliest possible time so that a collection point by car is possible, which ideally would be at one of the organised stop points.

From 4pm the Hampton team will gather at SOHO on Marsh Lane, Hampton in Arden where bar food and drinks are available. So please join us with your families for the awards ceremony where individuals who demonstrate true grit and teammanship will be recognised.

01675 443464 - ✉ [enquiries@thehampton.co.uk](mailto:enquiries@thehampton.co.uk) - 🌐 [www.thehampton.co.uk](http://www.thehampton.co.uk) Old Station Road, Hampton in Arden, Solihull B92 0HA



## Entry & Fees

The entry fee for the event day is £15. Which is payable to the following account. We have a participant limit and when this limit is met, we will cease entry and refund any payments made after that point back to individuals.

### Bank Account Details

Account name: **Paul Ebrey**

Sort code: **20-77-62**

Account number: **23293912**



## Training

So down to training. Some of you may be seasoned walkers and feel confident in attacking the half marathon without following a specific training plan, which is totally fine. Others will be semi conditioned and might join the Hampton on 2 or 3 of the organised training walks, whilst some participants will feel the need to attend our entire training plan which builds people up gradually from 4 miles to event distance. Please be aware that your ability to complete the distance is your responsibility.

Training Walk Schedule	
Date & Time	Distance
Sat April 29th - 10am	4 Miles
Sun May 7th - 10am	5 Miles
Sat May 13th - 10am	6 Miles
Sun May 21st - 10am	7 Miles
Sun May 28th - 10am	8 Miles
Sun June 4th - 10am	10 Miles
Sat June 10th - 10am	11.5 Miles
Sat June 17th - 9:30am	EVENT DAY

Starting location for all walks is The Hampton Gym



## The Cause

As well as us all achieving a personal health and fitness goal it is hoped that this event will raise awareness of young suicide, to urge all who are suffering in silence to speak up and ask for help, and to support young people who are fighting to overcome poor mental health, especially where this can be done through outdoor activities like walking. The **Cameron Grant Memorial Trust** [www.camgrant.org.uk](http://www.camgrant.org.uk) is registered with the Charity Commission (Charity Number 1167221).



Outwardly happy, successful and fulfilled, Cameron died just after his 21st Birthday in 2014. In taking his own life, he ended a lonely, 7-year battle with depression which he had hidden from all who knew him. To mark Cameron's life, his family who live locally started this extremely worthwhile trust which has been raising awareness of young suicide and mental health for more than 8 years.

Any donation however small will be greatly received. Please use this link to share with friends, family and colleagues or to simply sponsor yourself. [www.totalgiving.co.uk/mypage/hampton-half](http://www.totalgiving.co.uk/mypage/hampton-half)

### Ready to donate?

Scan the QR code to visit the Total Giving page and donate today



SCAN ME

*Everybody* is welcome to come and enjoy the event with friends and family. You do not have to be a member of the club to take part and anyone you choose to invite to the **Soho** on the afternoon of **17th June** to help celebrate is most welcome.

## See you soon!

**01675 443464**

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Health & Fitness Club