

FAQs

What is Marathon in a Month?

Marathon in a Month is a running/jogging/walking challenge in aid of Hospiscare, the local adult hospice charity for Exeter, Mid and East Devon.

Whether you're a fitness fanatic or more comfortable on the couch, this challenge is for everyone - even the dog! Walk a couple of miles a day, go for a ten mile jog or go all out and tackle 26.2 miles in one go – who are we to limit your ambition?

Your marathon, your way, for your local hospice.

Is there a registration fee?

Yes, £10 for adults, £5 children or £15 for a four-legged friend (and their owner)

Where is Marathon in a Month?

The route is your choice! Run, walk or jog anywhere from your home or locally to you. All we ask is that you stick to the government guidance on social distancing and all Covid-19 measures.

What are the dates of the challenge?

Friday 01 October— Sunday 31 October. You can complete your challenge in any time frame within these days.

Can I start Marathon in a Month today?

Of course! If the event dates don't work for you then you can change the dates to a time that suits. However, it is important that you let us know when you're planning to complete your challenge so we can arrange to send you your medal.

Is there an age limit for Marathon in a Month?

This event is open to participants of all ages, however children under 16 MUST be accompanied by an adult. Hospiscare do not take responsibility for the safety of participants and you undertake the challenge at your own risk.

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Is there a minimum fundraising amount?

We are hoping each participant will support Hospiscare and fundraise a minimum of £60. By raising just £60, you could help fund an hour's expert nursing on our specialist ward or nearly two hour's bereavement support for someone missing a loved one.

If you prefer not to raise sponsorship, you can always make an additional donation when you sign up, or donate via our website:

www.hospiscare.co.uk/donate. All donations are gratefully received!

When does registration for Marathon in a Month close?

Registration will close on Thursday 28 October.

When will I receive my medal?

Once the challenge is completed we'll be sending out your medals in early November.

Can I complete Marathon in a Month on a treadmill?

Yes, of course! All we ask is that you ensure the treadmill is in good working order and that you follow any safety instructions.

If you have any further questions, please do let us know - Just email events@hospiscare.co.uk or call 01392 688020.