

RUNNING WITH US



Whether you're a regular runner or starting for the first time, choosing to run with us means that every mile will make a difference to people whose lives have been affected by sepsis. Whether it's a fun run, 5k, 10k, half marathon or a full marathon, the UK Sepsis Trust has plenty of runs for you to choose from.

If you can't find your run on our website, then just get in touch and let us know and we will send you a fundraising pack and running vest. Wearing your Sepsis Trust running vest during training helps you get use to your kit as well as raising vital awareness and on race day you can spot fellow Sepsis Trust runners too!

We'll be with you every step of the way with fundraising support and motivation to keep going. Check out the events page on our website for the full list of all our running events on offer. We have several races that we have charity places in and we'll be present on race day at these to cheer you on. Don't let this stop you picking your own run and running for us though!





Running Tips

Feet first! Be sure to invest in the best trainers you can afford. We recommend visiting your local running shop for a fitting session in order to find the perfect fit for your running style and reduce the risk of injury.

Plan like a pro! Get yourself a training programme in place that suits your race distance and running experience. Make time in your weekly routine to fit those longer runs in when you can!

Mix it up! It can get a bit boring pounding the pavements so try an off road run or a gym session to add some variety to your training.

Be kind to yourself! It's important to eat a healthy and balanced diet to aid your running but rest days and treating yourself are equally as important.



Do Something Different

Whether it's a 5k mud run, a colour run, a night time race or a hard-core Tough Mudder - there's a race out there for everyone. These fun and challenging runs are becoming very popular with races popping up all over the country so grab a team and have a blast whilst raising funds for the Sepsis Trust. If you're feeling really adventurous you could even sign up for an International run and take your awareness raising abroad.