

# LONDON INTERFAITH FUN RUN ZONES

There will be plenty of things to do on the day itself and all activities are free except for the food court where food is available to purchase. All Zones will be open throughout the day.

- **The Charity Fair** – This area will showcase all participating charities so please do take the time to visit their stands and learn about their work. Please bring cash as some charities will only be able to accept cash payments for competitions and items they are selling.
- **Family Fun Zone** – Come and enjoy inflatables, a glitter bar, slime making and more!
- **Interfaith Zone** – This area brings fun and interfaith themes for all ages through arts and crafts, including face-painting and decorating positivity pebbles, a community arts piece, and two meditation sessions. It gives a chance for all participants to be creative, reflective, and engaged and to experience the values of the London Interfaith Fun Run in fun and creative ways.
- **Performances** – Enjoy world music and other performances from our exciting guest performers throughout the day.
- **Food Court** – There will be a bustling food court with a variety of food from different cultures and communities for everyone to enjoy something new. This includes plant-based, halal, gluten free and kosher foods.

## SCHEDULE OF ACTIVITIES

PERFORMANCE AREA	MEDITATION AND REFLECTION	INTERFAITH ZONE 12pm-4pm
<b>12:45pm</b> Zendeh Delan – Sama and Music Ensemble	<b>12:45pm-1:45pm</b> Mindfulness run by the Mindfulness Network for People of Colour	<b>Drop-in Community Art Piece</b> This is a chance for all participants to use their creativity and a little piece of themselves into this participatory installation. With everyone hopefully contributing to the piece in a small way, we'll create a project which embodies the inclusive, talented and community values of the London Interfaith Fun Run  <b>Interfaith Trail</b> Make your way around the site discovering symbols from different faith and belief traditions. Pick up a booklet for trail stamps from the Interfaith Zone on the piazza
<b>1:15pm</b> London International Gospel Choir		
<b>1:45pm</b> Kirtan London - Mantra Music Meditation	<b>2:45pm-3:45pm</b> Mindfulness run by the Mindfulness Network for People of Colour	
<b>2:45pm</b> The Oranim Dance Troupe		
<b>3:15pm</b> Siri Sadhana Kaur - Kundalini Yoga		



## PRAYER SPACE

There will be a prayer and reflection space, located in the Indoor Tunnel. This will be a shared space and prayer mats will be provided. If you have any special requests for the prayer and reflection space please email [matthew.gold@faithbeliefforum.org](mailto:matthew.gold@faithbeliefforum.org)

## ANY QUESTIONS & QUERIES

If you have any questions or queries, please do not hesitate to contact Maccabi GB on **0208 457 2333** or at [enquiries@interfaithrun.org](mailto:enquiries@interfaithrun.org)



# RUNNER PACK



### A MESSAGE FROM PHIL CHAMPAIN, DIRECTOR AT THE FAITH & BELIEF FORUM AND ASHLEY LERNER, CHIEF EXECUTIVE OF MACCABI GB

We are delighted to welcome you to the third London Interfaith Fun Run, organised in partnership by The Faith & Belief Forum and Maccabi GB, with the generous support of Dangoor Education and other sponsors. We are so excited to be bringing together hundreds of runners and spectators from London's diverse faith & belief communities, for a day of celebration, unity, and positivity. Please bring along your friends and family to cheer you on, as there is so much to be enjoyed in addition to the runs.

We look forward to seeing you on Sunday 3rd September!

*Phil Champain and Ashley Lerner*

### SPONSORS & PARTNERS



### IN PARTNERSHIP WITH



### MEDIA PARTNERS



## SCHEDULE OF EVENTS

TIME*	ACTIVITY
12:00pm	<b>The London Interfaith Fun Run Opens</b> (Including, the Charity Fair, Family Fun Zone, Interfaith Zone, Prayer Room and Food Court)
12:30pm	<b>10KM Run, 5KM Run &amp; 5KM Walk Begins</b>
2:30pm	<b>1KM Begins</b>
4:00pm	<b>The London Interfaith Fun Run Finishes</b>

\*Timings subject to change

## DIRECTIONS AND PARKING

The address of the venue is StoneX Stadium, Greenlands Lane, London, NW4 1RL

You can access the venue;

**BY CAR:** You can access the venue via 1) Page Street and 2) A1/Great North Way. There will most likely be traffic on arrival so please arrive early. Parking is free.

**BY TUBE:** Mill Hill East tube station on the Northern Line, is a 7 minute taxi journey to the Stadium or you can get the 221 Bus from the station to Page Street and walk 10 minutes to the stadium, turning up Champions Way.

**SHUTTLE BUSES:** There will be a free Shuttle Bus service running between Edgware Tube Station and StoneX Stadium, regularly throughout the day. Please exit Edgware tube station using the front entrance. On the way back, please head to Gate A at StoneX Stadium. At both locations, there will be a London Interfaith Fun Run staff member, in a blue top, who will assist you.

## THE ROUTES

The 10km and 5km will start in the stadium and will then continue in the surrounding fields, and finishing back in the Stadium. As the 5km and 10km are on grass terrain, they are not suitable for buggies or wheelchairs. There will be water stations around the course but we advise you to also bring your own. The 1km takes place around the stadium track and is open to all ages and abilities and is buggy and wheelchair accessible.

Please ensure that you are medically able to participate on the day. It is your responsibility to decide whether you are fit to participate (and for any child whom you are responsible for).

## T-SHIRT AND RUNNING NUMBER

When you arrive at StoneX Stadium, please go to the Registration Desk, which is on the right as you walk in through Gate A. There you can pick up your T-shirt and running number. Please wear your T-shirt and attach your running number to this. For your safety, please fill in the medical details on the back of the running number.

There are NO changing room/shower facilities or lockers available for valuables. The London Interfaith Fun Run and StoneX Stadium do not take responsibility for any personal possessions that are lost, damaged or stolen. Please do not leave any bags unattended at any time.

## DOGS

Dogs are not allowed at the The London Interfaith Fun Run and you will not be allowed to enter the venue with one. Guide Dogs are allowed and please do let us know if you are coming with your Guide Dog.

## LOST CHILDREN

To ensure the safety of all children, please write your mobile number on your child's running number. In the event that you cannot find your child, please go to the Registration Desk.



## YOU CAN SUPPORT ONE OF THESE INCREDIBLE CHARITIES AND SCHOOLS



**THE LONDON INTERFAITH FUN RUN**  
SUNDAY 3<sup>RD</sup> SEPTEMBER 2023 | STONEX STADIUM, BARNET  
REGISTER NOW AT [INTERFAITHRUN.ORG](https://www.interfaithrun.org)

