

East Retford RUFC Charity Run to Twickenham

Introduction

On 10th May 2012, a group of players, members and supporters from East Retford Rugby Club will be running from East Retford Rugby club to the home of English rugby, Twickenham Stadium to support Wooden Spoon, the children's charity of rugby. The route is 175 miles, and we will be visiting 5 Aviva Premiership Clubs on the way – Leicester Tigers, Northampton Saints, Saracens, London Wasps and Harlequins. Each runner will be running 22 miles (that's almost a marathon each), and we'll be completing the run on a non-stop relay basis that will take around 36 hours to complete.

The Charity



In the UK, one child in every hundred suffers from a lifelong disability that will profoundly affect his or her ability to lead a full and happy life. More than 3.5 million young people grow up in low income households or live in an environment where they are subjected to poverty of aspiration. Wooden Spoon is a children's charity founded in 1983 that is dedicated to helping underprivileged children and young people all over the UK and Ireland to live happier, richer lives.

Wooden Spoon believes that all children and young people deserve the chance to live happy fulfilled lives regardless of the challenges they may face. Spoon harnesses the spirit and values of rugby to give disadvantaged children and young people in the UK and Ireland a chance to achieve their full potential in life.

Over the years, their donations have diversified from purely capital projects such as medical treatment and recovery centres, sports and activity areas, sensory rooms and gardens, playgrounds and hydrotherapy pools to include outreach programmes for kids in their communities.

Spoon Community Rugby is series of charitable projects designed to give disadvantaged children around the UK a better chance in life by playing rugby. Rugby gives kids of all shapes and sizes a valuable role in the team, enhancing their health and self-confidence. It is particularly important for some of the most disenfranchised young people in our society who are in desperate need of guidance and physical release. By playing a sport that channels their energy into healthy activity while fostering teamwork, discipline and respect, these young people can change their lives for the better.

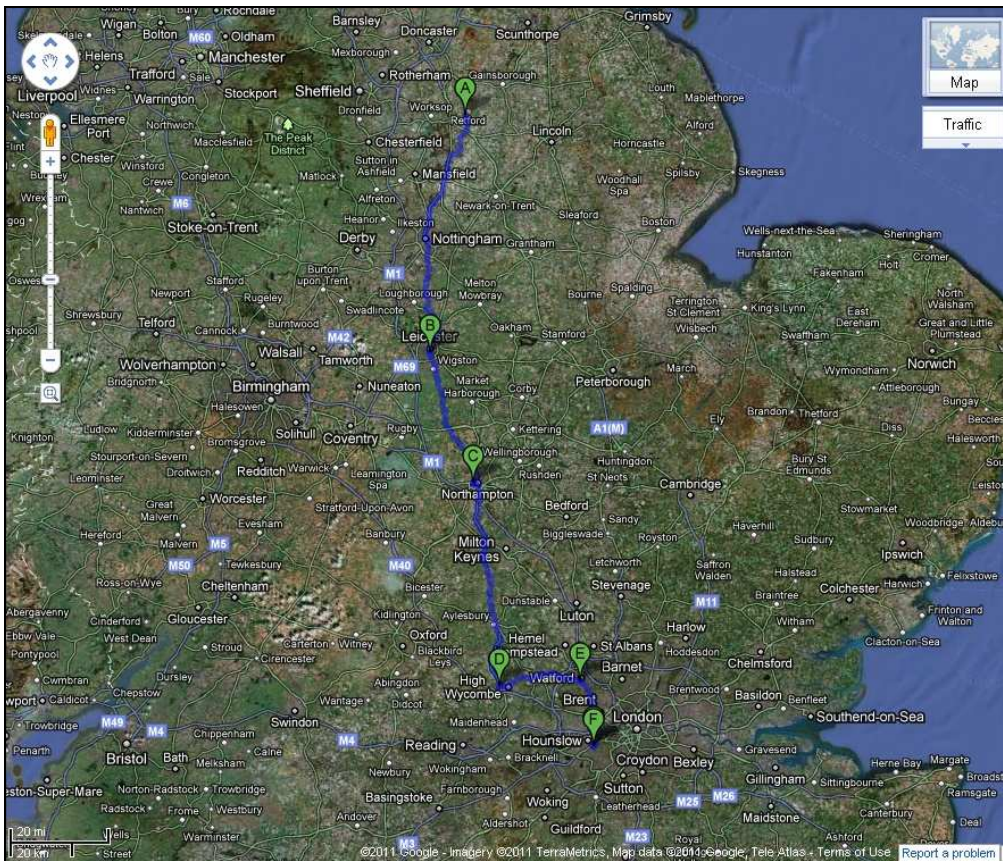
The origin of Wooden Spoon was a happy accident in the wake of a humiliating England rugby defeat in 1983. A group of friends who travelled to the Five Nations match against Ireland were awarded the wooden spoon by rival supporters to commemorate England's dismal performance in the tournament.

Accepting the prize with as much good humour and grace as could be mustered under the circumstances, the friends resolved to have a charity golf match to see who would have the honour of keeping the spoon. The money raised bought a minibus for a local school and the idea for a charity was born.

For more information see www.woodenspoon.com.

The Route

The route runs from East Retford Rugby Club, Ordsall Road, Retford to Twickenham Stadium, Whitton Road, Twickenham. The direct route would be 150 miles, but the route has been modified to take in 5 Aviva Premiership clubs along the route which will make the distance 175 miles. The run will be undertaken on a non-stop relay basis, which means that at least one member of the team will be running at all times. Assuming that we will stop for one hour at each premiership club, the total trip will take 34-36 hours.










The intention is to break the route down into 5 mile sections, with each runner taking two sections along the route.

So each runner will run:

2 Sections @ 5 miles each	= 10 miles
1 mile @ East Retford RUFC	= 1 mile
2 miles @ 5 Aviva Premiership clubs	= 10 miles
1 mile @ Twickenham Stadium	= 1 mile
Mileage per runner	= 22 miles



The route breaks down as follows:

Club	Distance	No. of Sections	Running Time @6 mph	Total Time (inc. stops)	Schedule
 East Retford (Ordsall Road)	55.3 miles	11	9.2 hours	0.0 hours	Dep. – 19:30 10/05/2012
				9.2 hours	Arr. – 05:00 11/05/2012
 Leicester Tigers (Welford Road)	31.2 miles	6	5.2 hours	10.2 hours	Dep. – 06:00 11/05/2012
				15.4 hours	Arr. – 11:15 11/05/2012
 Northampton Saints (Franklin Gardens)	50.5 miles	10	8.4 hours	16.4 hours	Dep. – 12:15 11/05/2012
				24.8 hours	Arr. – 20:45 11/05/2012
 London Wasps (Adams Park)	20.1 miles	4	3.4 hours	25.8 hours	Dep. – 21:45 11/05/2012
				29.2 hours	Arr. – 00:30 12/05/2012
 Saracens (Vicarage Road)	16.9 miles	3	2.8 hours	30.2 hours	Dep. – 01:30 12/05/2012
				33.0 hours	Arr. – 04:30 12/05/2012
 Harlequins (The Stoop)	0.7 miles	-	0.1 hours	34.0 hours	Dep. – 05:30 12/05/2012
				34.1 hours	Arr. – 06:00 12/05/2012
 Twickenham Stadium					
Totals	174.7 miles	34 sections (17 Runners)	29.1 hours		34.5 hours