



Deafblind UK Rainbow Run

Participant event information

Thank you so much for entering the first ever Deafblind UK Rainbow Run! We are excited to welcome you to the event. Please find below the essential information that will help you to have a safe and enjoyable day with us whilst raising vital funds for Deafblind UK.

If, after reading this information, you have any further questions about the event, please don't hesitate to get in touch. Please send all queries to 07950 033648 via text or call, or email fundraising@deafblind.org.uk

Date Sunday 7th September 2025

Venue Ferry Meadows, Nene Park, Peterborough, PE2 5UU

Time

- Registration from 09:00. Please do not arrive earlier as the event will not be open.
- Rainbow Run begins at 11:30. Please register by 11:00 so that you can take part in our Zumba warm up and be ready to run at 11:30!

Getting to the event

By car – The main route into Ferry Meadows is via Ham Lane. Please use the Ferry Meadows Car Park (PE2 5UU). Note: there is a 2.1m height barrier at the entrance. This car park operates an automatic number plate recognition system and you must pay at the machines at the end of your stay. [click here to find out more](#).

There is an overflow car park at Lakeside Car Park accessed via the same park entrance. We encourage people to carshare where possible in order to reduce congestion.

By public transport – If you are travelling via public transport, there are multiple bus stops a short walk from Ferry Meadows, the closest being: Ferryview / Wistow Way, Orton Wistow, serviced by the Citi 1 bus every 10 minutes from the city centre. This is a 15-minute walk to the event.

When you arrive at Ferry Meadows, you will see our event village on the grass directly behind the car park.

Registration

Registration will open at 9am. Upon arrival, head to the registration desks under the purple gazebos. Please join the correct queue for your surname. You will be given your race number and safety pins. You will then be directed to the T-shirt collection point, where you will use your race number to redeem your event t-shirt and colour sachet.

Additional colour sachets and colourful sunglasses will be available for purchase at £3 each or 2 for £5. Please bring cash or a card with you on the day for additional purchases. It all goes towards supporting the work of Deafblind UK.

Your participant number is assigned to you as an individual and corresponds to the emergency contact information you have provided us. You must wear your race number visibly during the event and under no circumstances give your number to another person.

Participants with sight or hearing loss – If you need support, make it known to a member of the event team and we'll be pleased to help. We will be dressed in yellow hi-vis jackets and located around the venue.

British Sign Language interpreters and lip speakers will be located at the left-hand side of the stage. Please speak to them if you require assistance. Likewise, if you require a venue guide, a member of the event team will be happy to help.

On the day registration

If any of your friends and family want to join in the fun, they can **sign up on the day!** Just bring them along and they can enter at the event.

On the day entry

- Adults: £25
- Under 18s: £15
- Family (2 adults and 2 under 18s): £70

Note: under 3s go free

Warm up and start

An energetic Zumba warm up will take place on the stage at 11:15, led by Karen from Karen Leeman Zumba. After which we will have a countdown to a giant colour cloud celebration, where you can chuck your colour sachets into the air and be inside a giant cloud of colour.

Finally, we will direct you towards the start line in the following arrangement:

1. Front = Runners
2. Back = Participants with dogs, walkers and wheelchairs

Route

The 3K and 5K distance follow the same route, with the 3K turnaround point being immediately after the green colour station.

Yellow signage and marshals will direct you around the course. All marshals are volunteers so feel free to say a friendly “thank you” as you run past.



As indicated in the adjacent route map, the seven colour stations are located at regular intervals and staffed by our volunteer paint throwers, who will make sure you reach the finish as a multicoloured masterpiece.



Please keep in mind this is a fun run and not a race or trial of speed. Early sections of the route are shared with other park users, and you should proceed with consideration of others around you. If you wish to record your time, please feel free to use a personal device to do so.

Respect our park and wildlife

Please only throw colour sachets in the event village area. DO NOT throw colour or discard empty sachets elsewhere on the route. Although the colour is eco-friendly and water soluble, we do not wish to impact the enjoyment of other park users or affect waterside wildlife habitats.

Bins will be available for empty sachets around the event village.

First Aid

First aid provision will be provided on the day by Acute Ambulance & Medical Services. They will be stationed beside the registration gazebos throughout the event. If there is a medical emergency, you must call 999 immediately and ask a marshal or other nearby person to phone our event medic hotline as soon as possible as we will be able to attend the scene quicker.

Event medical hotline = 07734 958249

Please also use this number for any medical non-emergencies.

Toilets

Public toilets are available adjacent to the Ferry Meadows Car Park and will be signposted from the event village.

There will be no designated changing facilities on the day, so it is advised to dress in layers that you can put your event t-shirt over or use the nearby toilets.

There will not be a managed baggage area, therefore we advise you to only bring what you need for the run and always keep your belongings on you.

Medals

Every rainbow runner will receive a well-deserved medal at the finish of your 3k or 5k run. Wear it with pride, share your photos and shout about the amazing thing you've been part of to support Deafblind UK.

Our medals have been designed with a clip that allows you to detach it from the ribbon for use as a keepsake keyring.



Hydration and refreshments

It is important to stay hydrated throughout the event. Please bring a filled water bottle with you. There will be a water refill station in the event village.

Other refreshments such as hot drinks and snacks will be available for purchase in the nearby Café.

Photography

Deafblind UK photographers will be present at the event, capturing the atmosphere in photos and videos throughout day. We'd love for you to pose for pictures and tell us your story of why you're taking part in Rainbow Run. These photos will be shared freely with participants after the event and to help promote the Deafblind UK Rainbow Run in the future. Please tell a member of the event team if you'd prefer not to have your photo taken.

If you capture your own memories of the day, please do share them with us, we love to see all of your pictures. You can tag us on Instagram, X and Facebook and use the hashtag #DeafblindUKRainbowRun.

Weather forecast and what to wear

The weather forecast looks very promising with sunny and relatively mild conditions around 20°C. Make sure to wear appropriate layers for the temperature.

Sun 7th



20°
10°

Sunny intervals and a gentle breeze

It goes without saying that you'll get covered in colour, please only wear clothes and shoes you don't mind getting colourful!

You will receive a white event t-shirt when you sign in on the day, so it is advised to dress in layers that you can put the t-shirt over.

Raising sponsorship – together we can make a big difference!

Many of you have already started to raise sponsorship for your challenge, and for this we are incredibly grateful. We need every rainbow runner to show their support for Deafblind UK by pledging to raise as much sponsorship as they can through their challenge. **If every person could raise just £60 in sponsorship, together we could raise £20,000 to support people affected by dual sensory loss.**

It costs Deafblind UK £2.5 million a year to provide our full range of charitable services and events like the Rainbow Run help us to continue being a vital lifeline for the estimated 450,000 people living with deafblindness across the UK.

If you haven't already, you can start an online sponsorship page at

www.justgiving.com/campaign/dbukrainbowrun in just a few clicks. It's an easy, hassle-free way for your friends, family and colleagues to support your challenge.

Or, [download a paper sponsorship form here](#). Don't forget to encourage your sponsors to tick the Gift Aid box if they're eligible to do so; for every £1 donated we'll be able to claim an extra 25p from the government at no cost to you or your sponsors. It makes a huge difference!

Alternatively, if you would prefer to make a personal donation to Deafblind UK, this can be done on the day, or through our website at www.deafblind.org.uk/donate.

Here are just a few ways in which the money you raise will help the people we care for:

- **£10** could pay for someone to receive a year's printed subscription to our deafblind-friendly magazine, Open Hand
- **£20** could pay for a one-hour technical support session, helping someone to reconnect with the world
- **£40** could pay for two months of weekly befriending calls to give someone much-needed companionship
- **£50** could enable us to build a relationship with an employer, giving them the guidance and support they need to employ someone who is deafblind.



Get colourful on your socials

We need your help to make the Deafblind UK Rainbow Run the biggest success it can be! Make sure to share the amazing thing you're doing on your social media channels and WhatsApp, before, during and after the Rainbow Run.

On average 20% of sponsorship is given after an event, so it's well worth doing one final ask alongside your finisher's medal. You might be surprised by a few late donations!

Handing in sponsorship

If you have donated via the [Deafblind UK website](#) or fundraised via [JustGiving](#), there is nothing extra you need to do. The money you've raised will come directly to Deafblind UK automatically.

However, if you have raised sponsorship in the form of cash and cheques, may we ask that you forward this to Deafblind UK before **Friday 17th October 2025** in one of the following ways:

- 1) By post to Fundraising, Rainbow Court, Paston Ridings, Peterborough, PE4 7UP** (sponsorship forms and cheques only)
- 2) By calling Deafblind UK on 01733 973445** and making a card donation over the phone for the equivalent amount raised. Please send in any sponsorship forms to the address above for us to claim any Gift Aid.
- 3) By making a BACS transfer for the equivalent amount and then sending in your sponsorship forms to the address above in order for us to claim any Gift Aid.**
(Please use the payment reference 'Rainbow' followed by your initials to help us identify your payment)

BACS details

Organisation name: Deafblind UK

Account No: 03876748, Sort Code: 20-67-37

NOTE: If you have raised sponsorship purely online via a JustGiving page, we will send you an official thank you letter for your total after the above hand-in date.

Thank you so much for putting your best foot forward for Deafblind UK! We hope you have a fantastic day! If you have any questions about the Rainbow Run, please do send all queries to 07950 033648 via text or call, or email fundraising@deafblind.org.uk.

The Deafblind UK Fundraising Team

Deafblind UK, 167-169 Great Portland Street, 5th Floor, London, W1W 5PF

Registered Charity No: 802976

Useful facts for the day

- All the colour sachets used are bio-degradable and washes away with water.
- The paint is natural corn starch coloured with tested food and cosmetic dyes.
- The easiest way to get the powder off is while it's dry, shake your clothes and use a soft brush.
- If you have driven to the event and haven't brought a change of clothes, bring something to cover your car seat or seats on public transport.
- To avoid getting paint in your eyes, please wear eyewear such as sunglasses.
- Please make sure you bring a bottle of water with you.