



## **Ealing Half Marathon 2026 – Expression of Interest**

### **Run for CAPE (Community Activities Project Ealing)**

Thank you for your interest in joining Team CAPE for the Ealing Half Marathon! CAPE is looking for supporters to take part in the Ealing Half Marathon on Sunday 27th September 2026 (start time 9:00am). The event starts and finishes in Walpole Park, Ealing (W5 5EQ) and takes place on a fully road-closed 13.1 mile (21.1km) course.

By joining Team CAPE, you'll be helping raise vital funds for CAPE, a local mental health charity supporting adults in Ealing living with severe and enduring mental health challenges. With mental health services under increasing pressure, many people in our local community rely on CAPE for consistent, long-term support.

Donations help CAPE continue providing free therapy for up to two years and ongoing psychological support with no end date, so people can access the help they need for as long as they need it.


### **What your fundraising can do**

A minimum fundraising target of **£500** can help fund:

- Therapy and psychological support sessions
- Specialist mental health support delivered over time
- Long-term, consistent support for people who may not have anywhere else to turn

### **Entry & Fundraising**

- Entry is free (CAPE will cover the cost of your race place)
- A minimum fundraising target of £500 is expected per runner
- Fundraising can be set up via our JustGiving campaign page, where you can join the campaign and raise funds that go directly to CAPE
- Alternatively, you're welcome to set up your own donation process, as long as funds are raised for CAPE

For questions or to express interest directly, email:  **carlie.cook@capeproject.org.uk**