

Great Manchester Run 2019

Run, Walk, Support – be part of Team MFT



Team MFT 2018 Awards Nominees and Winners

Inspiring colleagues who took part in the first MFT 'blue wave' at the Great Manchester Run were honoured at our first Team MFT Awards on Wednesday, November 14th.

The event at City Labs, hosted by our Chairman Kathy Cowell and BBC Sport presenter Hugh Ferris, awarded colleagues in categories including fastest man and woman, biggest departmental sign up and special recognition award.

We heard inspirational stories from Amanda Haycocks, Medical Secretary at Withington Community Hospital, who signed up to raise money for the Macmillan Supportive Care Nurses at Wythenshawe Hospital as a tribute to her dad, who sadly passed away not long before the event. Amanda still took part, raising £1,793.61 and winning 'largest amount raised by an individual'.

Helen Rogers, Head of Nursing, Clinical Due Diligence, won the Special Recognition Award after stopping to help another runner over the finish line along with his son. Congratulations and thank you to all nominees and award winners – here is the full list.

1. Biggest Hospital Sign Up

- Wythenshawe 86
- St Mary's 39
- RMCH 27
- WINNER: MRI 145



2. Biggest Departmental Sign Up

- St Mary's NICU 10
- St Mary's SARC 13
- Wythenshawe Pharmacy 9
- WINNER: RMCH Therapy 16



3. Fastest Man

- Jordan McKenna (Radiographer, MRI) 46.10
- Steve Jones (Consultant, A&E) 47.05
- Ben Morton (Biomedical Scientist, MRI) 47.49
- WINNER: Danny Kearney (Senior Audiologist, Audiology, MRI) 43.47



4. Fastest Woman

- Sarah Cleal (Vascular Laboratory, MRI) 48.48
- Ruth Murdoch (Associate Director of Pharmacy, Wythenshawe) 49.55
- Helen Hope (Clinical Psychologist, Wythenshawe) 52.39
- WINNER: Clare Szuminski (Health Visitor, Cheetham Hill Medical Centre) 46.48



5. Largest Amount Raised by a Group

- St Mary's team NICU £1880.38
- Wythenshawe team NNVU £1780.97
- RMCH Therapy £1620.18
- WINNER: St Mary's EGU £2348.25



6. Largest Amount raised by an Individual

- Geraldine Thompson (Interim Lead Governor, MFT) £1507.22
- Janet Maiden (Facilities Manager, Research and Innovation) £603.40
- Jessica Murphy (Staff Nurse, NICU) £564.93
- WINNER: Amanda Haycocks (Medical Secretary, Withington Community Hospital) £1793.61



7. Best Race Day Picture

- WINNER: Sarah Jane Chaisty



8. Special Recognition

- WINNER: Helen Rogers, Head of Nursing, Clinical Due Diligence



A special thank you to Hugh Ferris, Kathy Cowell and David Hart, Partnerships Director at Great Run, for presenting on the evening.

Join Team MFT for 2019!

We would love to see you at the next Great Manchester Run on **Sunday 19th May 2019**, giving you plenty of time to get involved and prepare. Together we can build on this year's success and make #TeamMFT even stronger in our second year.

The route passes some of Manchester's most iconic landmarks and there is a great 'team' atmosphere and spirit. Those taking part run, jog, use a wheelchair, or walk, and whatever your ability or motivation it would be great to have you on board.

Getting involved is easy and you can register online today at: <https://mft.nhs.uk/team-mft-gmr/> . Why not sign up with your colleagues and encourage each other? We have secured a reduced registration fee of £23, kindly subsidised by the Trust. If you see the registration fee as a barrier, there are a number of free places available. Please contact the charity team, in confidence, at charity.events@mft.nhs.uk.



Anyone who takes a place can fundraise for one of our MFT Charities, this is not a condition of entry, but it would be great to support our family of hospitals at the same time as getting fit and having fun. Team MFT raised a whopping £35,000 in 2018! Should you wish to fundraise for MFT Charity as part of Team MFT, the Charity Team can support you. Remember you can support any ward or department you wish.

If you would like to get involved but think you may need help with your registration or have any other questions then please contact the Charity Office on 0161 276 4522. Once you have signed up you will also receive top training tips and advice, a Team MFT t-shirt and fundraising support from the MFT Charity Team.

By taking part, not only could you make improvements to your own personal health and well-being, you will also make a real difference by fundraising for our patients. You can choose to raise funds specifically for any ward, service, department or project across the whole of MFT.

So why not sign up today – to benefit your own health and wellbeing, our patients, and have fun at the same time? To register please visit: <https://mft.nhs.uk/team-mft-gmr/>.

