

OPEN CHARITY EVENTS 2010



Event	Website	Date	Entry Fee	Summary
Newham London Run 10k	www.newhamlondonrun.org	Sunday 7/3/10 at 10:00am	£20	Be part of the first run in the Olympic Park and soak up the delights of Stratford Park, West Ham Park, The Greenway and Stratford town centre. For runners of all abilities age 15 & over. 3000 public entries available Closing date midnight Sunday 14/2/10
Newham London Family 2.5km Fun Run	www.newhamlondonrun.org	Sunday 7/3/10 at 10:00am	£5	This is an exciting event aimed at giving families the opportunity to race together for fun! The 2.5km course starts and finishes beside Stratford Park. Children aged 5 and upwards can participate in this event and you don't need to run - families can walk, skip or gallop their way to the finish line too! Once you've completed the run, you get a fabulous finisher's pack which includes a well deserved medal and much more. Entry to this event is limited to 500 people.
Run Richmond Riverside 10k	www.thefixuk.co.uk/runrichmond	Saturday 16/3/10 and Saturday 16/10/10 10.30am	£16	Starting at the Riverside car park off Ham Street you will run along the riverside towards Richmond, then head back almost as far as Kingston before following the towpath back to Ham House to finish by the Riverside.
5k & 10k Run Richmond Park 2010	www.thefixuk.co.uk/runrichmond	Saturday 3/4/10, Saturday 8/5/10 and Saturday 26/6/10 10.15am		The run will take you up and around Richmond Park. The starting point is at Sheen Gate. The course is a mix of country paths, a little bit of cross country.
20K South Downs family walk		Saturday 15/5/10 10am	£10	Starts at Goodwood Racecourse (near Chichester). The gentle 20km charity walk is suitable for all ages and great for walking with a group of family or friends to raise money for your charity. This route takes you through some of the picturesque villages of West Sussex as well as along the beautiful South Downs.
100km Nightrider Charity Cycle	www.classictours.co.uk/Challenges/OpenChallenge	Saturday 19/6/10 11pm	£25 + minimum sponsorship target £175 or £80 with no sponsorship target	Cyclists will set off at 11pm and follow a circular itinerary past over fifty of London's most famous landmarks including: Tower Bridge, a deserted City of London, Canary Wharf, Hampstead Heath, London Zoo, Piccadilly Circus, British Museum, London Eye, Houses of Parliament, Trafalgar Square, Buckingham Palace, Albert Hall and Battersea Power Station. The ride starts and finishes at Crystal Palace.

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Skydive – Headcorn Nr Ashford, Kent	www.headcornparachuteclub.co.uk	Open	In return for raising the minimum amount the cost of your jump can be paid for out of the money you raise in sponsorship.	The charity will receive a sizable donation for your efforts! The minimum amounts you will be asked to raise are: Tandem Skydive - £345 Static Line Square - £305 The charity receives £100 and you get your parachute jump for FREE! Any monies raised over the minimum amount also goes to the charity. To participate in this scheme, the charity must receive at least £100 in sponsorship. If you do not succeed in raising the minimum amount, the sponsorship you have raised will still help you pay something toward your skydive.
London – Paris bike ride	www.londonparisbikeride.co.uk	Friday 3/9/10 – Monday 6/9/10	£150 + minimum sponsorship target of £1100 or pay £548 with no sponsorship target.	London to Paris cycle in 3 days covering around 300km DAY 1: Cycle from central London through Surrey with views of South Downs to Newhaven. Ferry to Dieppe. 98km DAY 2: Quiet tree lined roads and sleepy Normandy villages to Gournay en Bray. Some challenging hills to conquer en-route! 80km DAY 3: Ride from Gournay en Bray to outskirts of Paris. Reach city centre via the famous Bois de Boulogne park. Finish under Eiffel Tower. 114km. DAY 4: Explore Paris before returning to London on board Eurostar
Open 3 Peaks Challenge	www.globalchallenge.uk.com	Saturday 24/7/10 & Sunday 25/7/10	£1500 plus VAT per team place £500 plus VAT deposit secures your place (balance due 28 days before the event) Celebration reception included For all teams registered before 1st April, we can offer a second team at half the cost - just £750 !	Enter a team into the UK's premier Challenge event! Walk the UK's highest summits within 24 hours - Ben Nevis (Scotland), Scafell Pike (England) and Snowdon (Wales). The challenge comprises in excess of 11,000ft. of climbing and totals over 20 miles of walking. With over 500 miles of driving you will certainly see the 'length and breadth' of the country this weekend. Recruit your team(s) from existing supporters, friends and colleagues or simply 'fit' mates from your local pub/club. Each team must consist of 5 walkers and 2 non-walking support drivers. Teams source their own accommodation for before and after the event - accommodation lists will be provided and preferential rates offered where possible. Walk in confidence knowing that you will receive the highest quality of safety cover, radio communications, information materials including CDROM 12 week training programme giving advice on nutrition, exercises, fundraising and more. As well as being able to attend optional briefing sessions and mountain days. Not forgetting, a well-earned celebration reception, where no-one leaves hungry, immediately after the event. Each team will receive a Certificate of Achievement. There are a limited number of places available so we recommend booking early.

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Open 24 Peaks Challenge - Lake District	www.globalchallenge.uk.com	TBC	Cost - £1750 plus VAT per team place (includes Saturday night food/accommodation) £500 plus VAT deposit secures your place (balance due 28 days before the event) Celebration reception included	<p>This exciting event takes place solely in the Lake District National Park. Although not for the faint hearted, this challenge event is a must for keen mountain walkers and provides a unique opportunity to climb 24 Peaks, all over 2,400 ft. in 24 hours whilst savouring the delights the Lake District has to offer.</p> <p>Recruit your team(s) from existing supporters, friends and colleagues or simply 'fit' mates from your local pub/club. Each team must consist of 5 walkers and 1 non-walking support driver. Teams source their own accommodation for before and after the event - accommodation lists will be provided and preferential rates offered where possible.</p> <p>Walk in confidence knowing that you will receive the highest quality of safety cover, radio communications, information materials including CDROM 16 week training programme giving advice on nutrition, exercises, fundraising and more. As well as being able to attend optional briefing sessions and mountain days. Not forgetting, a well-earned celebration reception, where no-one leaves hungry, immediately after the event. Each team will receive a Certificate of Achievement. There are a limited number of places available so we recommend booking early.</p>
The Big Fun Run London (5k), Victoria Park	www.bigfunrun.com		18-64 £12 or entry on the day £14 Child 5-18 or OAP (over 65) £6 or entry on the day £7 Under 5's free	<p>The Big Fun Runs is a growing series of 21 Fun Runs being staged across the UK. Following the success of 2009 many new venues are being added. We are aiming to have up to 1000 runners joining in the fun at each of the Big Fun Runs. Each venue has been carefully selected. They all take place exclusively within scenic parks that are both safe and pleasant running environments.</p> <p>We hope to encourage runners with a range of motivations. This may be simply for leisure and exercise. However we are pleased that the Big Fun Runs can support fundraising.</p>
British Gas Great London Swim	www.greatswim.org/Events/British-Gas-Great-London-Swim	Saturday 3/7/10	£35 to enter- includes your entry fee, event pack (<i>Great Swim</i> swim hat to keep and timing chip), <i>Great Swim</i> souvenir medal and t-shirt, not to mention the huge sense of achievement.	<p>A one-mile outdoor swim in the heart of the capital. A rare opportunity to swim against the striking urban background of Canary Wharf and the rejuvenated London Docklands area. A brilliant challenge for all swimming abilities. See some of the world's top swimmers compete against one another, across the same one mile course as the masses, in the elite race. Bigger and better event village for 2010. Highlights shown on TV. . The first staging of the event in 2009, saw over 1000 swimmers take the plunge</p>