

Open Charity Events 2012 - Running

Event	Date	Website	Entry Fee & Sponsorship	Summary
Run Richmond Park (5 & 10km)	4 th Feb onwards	www.thefixevents.com/content/run-richmond-park-5k-10k-race-4-2012/	£13 - £18 & then raise as much as you can for ThePromise	Sign up for a 5km or 10km run in the beautiful Richmond Park. Organised throughout the year these runs are very popular, a great way to get fit and raise money in the meantime.
White Horse Half Marathon	1 st April	www.whitehorseharriers.org/halfmarathon.html	£12 & then raise as much as you can for ThePromise	A lovely course in the countryside, not far from Oxford.
Newham Classic 10km	15 th April	www.runningdiary.co.uk/go/view.cgi/5363	£21.50 & then raise as much as you can for ThePromise	Road race starting at West Ham Park.
Milton Keynes Marathon	29 th April	www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=64062&ms=	£36 & then raise as much as you can for ThePromise	A surprisingly scenic run with an atmospheric stadium finish.
May Day Triathlon	7 th May	www.trytri.co.uk/2010-body-in-motion-series/winchester-kings-school/	£20 - £30 & then raise as much as you can for ThePromise	Offering a choice of distances depending on your abilities these du/triathlons are ideal for children, beginners or the more energetic. Set in the grounds of King's School, Winchester and swimming in an indoor pool they promise to have something for everyone.
Andover Triathlon	3 rd June	www.trytri.co.uk/2010-body-in-motion-series/andover-tri-2/	TBC	Two triathlon distances and a swicle (swim & cycle only) available.
Run Richmond Riverside (10km)	20 th Oct	www.thefixevents.com/content/run-richmond-riverside-10k-2012/	£18 & then raise as much as you can for ThePromise	A gorgeous run along the riverside from Ham to Kingston and back.

If you know of any sponsored running events that supporters of ThePromise may like to take part in please let me know at jo.pritchard@thepromise.org.uk