



Friends of Inti Wara Yassi

# Fundraising events you can get involved in!

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*If you think we've missed any events you think should be on our list, get in touch at: [fundraising@intiwarayassi.org](mailto:fundraising@intiwarayassi.org).*



Friends of Inti Wara Yassi, PO Box 5403, Brighton, BN50 8GW  
T: 01273 777206 W: [www.intiwarayassi.org](http://www.intiwarayassi.org)  
Friends of Inti Wara Yassi is a charity registered in the UK, charity registration no: 1124355



Friends of Inti Wara Yassi

## Friends of Inti Wara Yassi Events

### Brighton Marathon:

We have guaranteed charity entries for the Brighton Marathon in April each year. Get in touch if you're interested in running 26.2 miles for the animals of Inti Wara Yassi.

As part of the Friends of Inti Wara Yassi Marathon Team you'll receive:

- Entrance to the dedicated charity village at the beginning and end of the race
- Excellent fundraising tips and advice to help you raise as much as possible for your challenge
- Help with and expert wisdom on online fundraising
- Sponsorship forms
- An Inti Wara Yassi t-shirt
- A marathon training program

To find out more about our charity places and for information on how to sign up, visit the [fundraising section of our webpage](#) or email [fundraising@intiwarayassi.org](mailto:fundraising@intiwarayassi.org).

### The FSI 10k Challenge:

This amazing FREE event takes place every year in June, when the grounds of Thornbridge Hall (Derbyshire) are flung open to welcome small charities and their supporters. It's a fundraiser and social event all in one, with FREE camping thrown in!

The weekend kicks off with the race on Saturday morning. You can run (or walk) a 4km or 10km route through the stunning Peak District National Park. Then spend the rest of the weekend chilling out in the grounds of Thornbridge Hall, catching up with and meeting new members of the Inti Wara Yassi family. There's also a BBQ on Saturday evening and a garden party all day Sunday.



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## Treks & Hikes

*These are not organised treks but the team at Friends of Inti Wara Yassi will be happy to advise on useful routes, kit to take, and what else to think about. These all make great challenges to do with a bunch of friends and family – fun, fitness and fundraising combined!*

### Three Peaks

Undertaken by a bunch of Quest supporters in April 2011, this is a very challenging but very rewarding way to see discover three corners of the UK. The challenge is to climb Mount Snowdon, Scafell Pike and Ben Nevis, all within 24 hours. Make sure to include a designated driver for the trip; climbers will be much too tired to drive safely! Check out [www.thethreepeakschallenge.co.uk](http://www.thethreepeakschallenge.co.uk) for more information.

### Hadrian's Wall

Follow this Roman wall built in 122AD for 25 miles along from Northumberland to Cumbria (or vice versa). A good walk over three days (or four to stretch it out) but not too challenging, so it can be great for getting kids involved. And to boost your fundraising and get yourselves noticed, why not trying dressing as a Roman sentry or a Pictish marauder? Check out - [www.nationaltrail.co.uk/hadrianswall](http://www.nationaltrail.co.uk/hadrianswall) - for planning a trip.

### Coast-to-Coast

This is a really lovely walk across some of the UK's best scenery, taking in both the Lake District and the North Pennines. There are a number of different routes that can be taken, including a well-signed cycle route that takes three days, with plenty of camping or B&Bs on the way – depending on the level of luxury you'd like! Take a look at [www.coast2coast.co.uk](http://www.coast2coast.co.uk) for more advice.

### South Downs Way

Experience some great views of the countryside between Winchester and the white chalk cliffs of Eastbourne. There are plenty of fine pubs and pretty villages along this 99 mile route. Why not try breaking it up over a few weekends, or even consider cycling across? Check out [www.nationaltrail.co.uk/southdowns](http://www.nationaltrail.co.uk/southdowns) for more details.



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## Running Events Calendar

### South & South East

#### **Aldershot - Grim: Night Terror Challenge, February**

Fancy an 8 mile run over daunting terrain, through the creepy forests, clambering up sand dunes, wading through bogs, waist high in freezing cold water and all in the dead of night? Are you a twisted thrill-seeker? The route will run over the Army's vehicle testing tracks so expect it to get interesting: <http://terror.grimchallenge.co.uk>.

#### **Brighton Half Marathon, February**

One of the longest established and most popular seafront road race events in the UK, the first major half marathon of the New Year and perfectly suited as a warm up for all the spring marathons. The new flatter and faster route from 2011, mostly along the seafront, received a lot of praise and positive feedback from runners with lots of new Personal Bests achieved: [www.brightonhalfmarathon.com](http://www.brightonhalfmarathon.com).

#### **Hastings Half Marathon, March**

The course circumnavigates the ancient town of Hastings, starting at the seafront and following the route of William the Conqueror. Although tough for the first part of the course, runners have produced some very fast times, as the last two-thirds is flat or downhill, and then the finish on the promenade. The event is for all runners of all abilities and has fantastic crowd support: [www.hastings-half.co.uk](http://www.hastings-half.co.uk).

#### **Brighton Marathon, April**

The Brighton marathon has been going since 2010 and is already considered the UK's No. 2 marathon. In 2012 they had over 9,000 runners taking part! Join Friends of Inti Wara Yassi's Brighton Marathon Team with one of our charity places – see page 1, Friends of Inti Wara Yassi Events for more information.

#### **Virgin London Marathon, April**

Not forgetting the most famous of all marathons. The ballot for places in the Virgin London Marathon starts around a year before the race, and competition for places is tough, so make sure to get your application in early! Friends of Inti Wara Yassi does



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not currently have any charity places for the London Marathon:

[www.virginlondonmarathon.com](http://www.virginlondonmarathon.com).

### **Reading Half Marathon, April**

The race starts in Green Park and follows the old route to the Reading University loop:

[www.readinghalfmarathon.com](http://www.readinghalfmarathon.com).

### **BUPA London 10k, May**

The Bupa London 10k is presented by the London Marathon and is run on the course likely to be used for the 2012 Olympic Marathons: [www.london10000.co.uk](http://www.london10000.co.uk).

### **Adidas Women's 5K Challenge, September**

Held in London's Hyde Park this race is organised by the team responsible for the world famous London Marathon. This event is for all women of all fitness abilities. It's an unforgettable day and a fantastic experience: [www.womenschallenge.co.uk](http://www.womenschallenge.co.uk).

### **Run to the Beat Half Marathon, October**

With 17 live music stages and 12,500 competitors set to take part, this new running event in Greenwich, South-East London, is a great event to take part in:

[www.runtothebeat.co.uk](http://www.runtothebeat.co.uk).

### **BUPA Great South Run, October**

The BUPA Great South Run is a 10 mile run set in historic Portsmouth. It's a fantastic course that meanders from the City, out onto the seafront passing HMS Warrior and Victory on the way: [www.greatrun.org](http://www.greatrun.org).

## South West

### **Bath Half Marathon, March**

The Bath Half Marathon is of the longest established city centre road events in the UK. With a fast, flat course, the race passes by the River Avon and many of Baths famous landmarks: [www.bathhalf.co.uk](http://www.bathhalf.co.uk).

### **Reebok Bristol Half Marathon, September**



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The Bristol Half Marathon is one of the largest and most popular half marathons in the country: [www.runbristol.com](http://www.runbristol.com).

## Midlands

### **Adidas Silverstone Half Marathon, March**

The Adidas Silverstone Half Marathon takes place around the famous Silverstone motor racing circuit. The home of the British Grand Prix provides a fantastic flat half marathon course, which makes it a great race for all abilities: <http://adidashalfmarathon.co.uk>.

### **Robin Hood Half Marathon, September**

Held each year in Nottingham, the half marathon caters for every type of runner, from first time competitors to seasoned international racers. Known for its friendly atmosphere, the race also passes many of Nottingham's most historic and scenic sites: [www.robinhoodhalfmarathon.co.uk](http://www.robinhoodhalfmarathon.co.uk).

## North-West

### **Wilmslow Half Marathon, March**

[www.wilmslowhalfmarathon.org.uk](http://www.wilmslowhalfmarathon.org.uk).

### **BUPA Great Manchester Run, May**

One of the most prestigious 10Km in the world, the Great Manchester Run attracts over 28,000 runners from across the world. Both starting and finishing in the city centre, this race is great for pros and beginners alike: [www.greatrun.org](http://www.greatrun.org).

## North & North-East

### **Sheffield Half Marathon, May**

The SIG Insulations Sheffield Half Marathon is one of the biggest participation events in Sheffield's sporting calendar, with city centre landmarks and roads lined with enthusiastic spectators to support elite, club and local runners: [www.sheffieldmarathon.com](http://www.sheffieldmarathon.com).







### **Jane Tomlinson's Run for All Hull 10k, June**

Guaranteed to attract a crowd of thousands, the Hull 10K offers runners, joggers and walkers the opportunity to join together and experience the route through the city centre: [www.forallevents.co.uk/run-for-all](http://www.forallevents.co.uk/run-for-all).

### **Jane Tomlinson's Run for All Leeds 10K, July**

Since launching in 2007, the 'original' run for all has seen almost 50,000 people take part in the Leeds 10K. Runners from across the country head to Leeds each year to be a part of Yorkshire's biggest running event: [www.forallevents.co.uk/run-for-all](http://www.forallevents.co.uk/run-for-all).

### **Jane Tomlinson Run for All York 10K, July**

With an enticing flat course through picturesque surroundings, crowds of runners descend on the city to make it a sell out event, guaranteeing a fantastic day for all involved: [www.forallevents.co.uk/run-for-all](http://www.forallevents.co.uk/run-for-all).

## **Scotland**

### **Edinburgh Marathon Festival - 5K, 10k, Team Relay, Half Marathon, and Full Marathon, May**

A whole festival of marathon madness, with the full Marathon taking place on the day after the other races. There is guaranteed entry to the Marathon for any runners unsuccessful in the London marathon ballot. A great city with some fantastic views, and a few hills: [www.edinburgh-marathon.com](http://www.edinburgh-marathon.com).

### **Baxters Loch Ness Marathon, 10k or 5k, September**

A Monster Race... running alongside the shores of the world's most famous loch. It's beautiful scenery and the centuries-old mystery of the Monster have attracted visitors from around the world for years, and Loch Ness is now also home to one of the best and most rural marathons in the UK: [www.lochnessmarathon.com](http://www.lochnessmarathon.com).

## **Wales**

### **Cardiff Half Marathon, October**



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With amazing scenery and a fast and flat course, the Cardiff Half Marathon is very popular with both beginners and seasoned marathon runners! Website:

[www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk).

### Northern Ireland

#### Deep River Rock Belfast Marathon, May

20,000 runners are expected to hit the streets of the North, South, East and West of the City. A non-competitive Marathon Walk is also available:

[www.belfastcitymarathon.com](http://www.belfastcitymarathon.com).

### All UK

#### Santa Runs, December

There are numerous Santa Runs and Dashes taking place all across the country, so why not don a Santa suit and fundraise for Charity in this Season of Goodwill? Just type 'Santa Run' + 'your city' into Google.

### International

#### Paris Marathon, April

The Paris Marathon is one of the 5 largest marathons in the world, with over 100 nations represented and 40,000 runners registered. Taking place in the second weekend of April, the Marathon tours Paris, from the Champs Elysees to the Avenue Foch: [www.parismarathon.com](http://www.parismarathon.com).



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## Duathlons & Triathlons Calendar

### South & South East

Henley-on-Thames Triathlon, June [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

Blenheim Triathlon, June [www.theblenheimtriathlon.com](http://www.theblenheimtriathlon.com)

Windsor Triathlon, June [www.humanrace.co.uk/events/triathlon/windsor-triathlon](http://www.humanrace.co.uk/events/triathlon/windsor-triathlon)

South Coast Triathlon – Seaford, East Sussex, August [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

The London Duathlon: Richmond Park, September [www.thelondonduathlon.co.uk](http://www.thelondonduathlon.co.uk)

Virgin Active London Triathlon: Docklands, September [www.thelondontriathlon.co.uk](http://www.thelondontriathlon.co.uk)

### Midlands

Stratford Triathlon, May [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

Trentham, Staffordshire: Gatorade Big Half Triathlon, July [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

Birmingham Triathlon, July [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

Nottingham: The Outlaw Triathlon (Iron man), July [www.onestepbeyond.org.uk/the-outlaw-triathlon-info-request](http://www.onestepbeyond.org.uk/the-outlaw-triathlon-info-request)

Warwickshire Triathlon, September [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

### North

Cheshire Triathlon, May [www.cheshiretriathlon.co.uk](http://www.cheshiretriathlon.co.uk)

Cheshire: Cholmondeley Castle Triathlon, June [www.castletriathlonseries.co.uk](http://www.castletriathlonseries.co.uk)

Liverpool Triathlon, July [www.liverpooltriathlon.co.uk](http://www.liverpooltriathlon.co.uk)

North West Triathlon, September [www.fun2tri.co.uk](http://www.fun2tri.co.uk)

Wakefield, Yorkshire: Peddle Paddle Pace, June [www.myyorkshiretriathlon.co.uk](http://www.myyorkshiretriathlon.co.uk)

### Scotland

Nairn Triathlon, September [www.triathloninverness.co.uk](http://www.triathloninverness.co.uk)





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## Swimming Events (June and July)

### South & South East

#### The Great London Swim

Taking place around the rejuvenated Docklands area of the Thames, The Great London Swim is a brilliant challenge for all swimming abilities. [www.greatswim.org](http://www.greatswim.org)

### East Anglia

#### The Great East Swim

A fantastic open water swim in the beautiful clean waters of Alton Reservoir near Ipswich; 1-mile and half mile distances available. [www.greatswim.org](http://www.greatswim.org)

### North & North West

#### The Great North Swim

The British Gas Great North Swim is a one-mile open water swim in Lake Windermere. Thousands of swimmers of all abilities flock to Cumbria to test themselves against the stunning backdrop of the Lake District. [www.greatswim.org](http://www.greatswim.org)

#### The Great Manchester Swim

This one mile event takes place around a unique 'dock to dock' course in the vibrant Salford Quays. With its own host of first-class attractions, Salford Quays offers the opportunity to swim in one of the most distinctive waterfront areas of the UK.

[www.greatswim.org](http://www.greatswim.org)

#### Swim For All

Swim in the picturesque Pugneys Country Park lake in Wakefield at this fantastic new open water swim with two distances to choose from. [www.forallevents.co.uk/swim-for-all](http://www.forallevents.co.uk/swim-for-all)





## Scotland

### The Great Scottish Swim

Join us for Scotland's biggest outdoor swimming event taking place in the beautiful Strathclyde Country Park this September. This is a unique opportunity to swim in the 2014 Commonwealth Games Triathlon venue. [www.greatswim.org](http://www.greatswim.org)

## Cycling events

### South & South East

**Kent**, February: Kentish Killer

**Hampshire**, April: Wiggle Super Series - New Forest Spring Sportive (Saturday)

**Surrey**, April: Wiggle Super Series - Ups and Downs Sportive

**West Sussex**, June: Wiggle Super Series - Sussex Surrey Scramble Wiggle Super Series - The Long One

**Hampshire**, July: Wiggle Super Series - Wight Ferry Sportive

### South West

**Somerset**, May: Dorset & Somerset Air Ambulance Coast to Coast 2012

**Dorset**, May: Wiggle Super Series - Bournemouth Sportive Wiggle Super Series - Jurassic Beast

**Dorset**, June: Kingston Lacy Sportive

**Corfe Castle**, November: Wiggle Super Series - Purbeck Hill-a Saurus

**Yarmouth**, December: Wiggle Super Series - Wight Winter Sportive

### East Anglia

**Norfolk**, March: Hethersett 30/60

**Peterborough**, April: Sky Ride Local- Ride Well- Cycling John Clare Country

### North & North East

**Tyne & Wear**, June: Northern Rock Cyclone Challenge Rides Tyne 6 Bridges Leisure Rides



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**Cleveland**, July: The Velo29 Endeavour Sportive

## **North West**

**Cheshire**, May: Tour of the Roaches The Broken Spoke Sportive

## **Wales**

**Pembrokeshire**, May: The Tour of Pembrokeshire

**Gwynedd**, June: Etape Eryri - The Snowdonia Sportive

[www.ukcyclingevents.co.uk](http://www.ukcyclingevents.co.uk)



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