

Calendar of Events 2012

Epilepsy Research UK

Sporting Events and Overseas Challenges

RUNNING EVENTS

adidas Silverstone Half Marathon

11 March 2012

Following the course of the famous Silverstone race track, this flat race can be used as a London Marathon warm up or a great run in its own right!

Virgin London Marathon

22 April 2012

If you have been lucky enough to gain your own entry through the ballot we would love you to join our team and fundraise for us!

Bupa Great Manchester Run

20 May 2012

Britain's premier 10K, the circular route takes you past the iconic sites of Manchester, including the Lowry Centre, Old Trafford, Bridgewater Hall and Manchester Central. The atmosphere is fantastic and this is definitely a race not to be missed.



Edinburgh Marathon Festival

26-27 May 2012



You can take part in a series of events over the weekend, with a 5K and 10K race on the Saturday and the Marathon, Half Marathon and Hairy Haggis Relay taking place on the Sunday. Edinburgh is one of the most scenic marathons in the world, and also the UK's fastest. It follows a spectacular route and is a much less crowded race than London's.

Bupa London 10,000

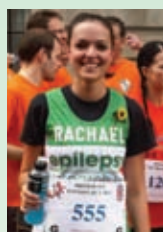
27 May 2012

Starting and finishing in St James's Park the route takes you past some of the most famous landmarks in London including Big Ben, the London Eye, Cleopatra's Needle, St Paul's Cathedral and the Bank of England.

British 10K London Run

8 July 2012

The British 10K London Run takes place over an attractive course through the heart of London. Cheering crowds and entertainment along the way make this race ideal for those who like everything about the London Marathon except the distance!



The Virgin Active London Triathlon

22-23 September 2012

Take on the ultimate sporting challenge! The London Triathlon is perfect for beginners and for experienced triathletes alike and we have guaranteed entry in all the Super Sprint, Sprint and Olympic distance categories.

Big Fun Run Series 2012

This series of 5k fun run events are perfect for all the family and make a great day out! With venues all over the UK there is bound to be one near you. Sign up direct with the Big Fun Run and join our team!

Bupa Great North Run

16 September 2012

The world's largest half marathon, this is a fantastic event with over 50,000 competitors and the atmosphere is amazing! From Newcastle to South Shields the route is lined with support and is a fabulous event.



Nike Run to the Beat

21 October 2012

A half marathon with a difference as 14 music stages with DJs along the route spur you on to the finish! You start and finish at the famous O2 Arena taking in historical Greenwich on your route. We have guaranteed entry available.

Bupa Great South Run

28 October 2012

Apply for a guaranteed charity entry in the Great South Run, Britain's most popular 10-mile running event, held in Portsmouth.

SKYDIVING

If you have ever wanted to do a parachute jump here is your chance! No experience is necessary as all training is given. Taking part in centres all over the UK, you can jump for free if you raise the minimum sponsorship! So if you would like to make a thrilling skydive from 10,000 feet or an exhilarating solo jump from up to 3,000 feet contact us now. We will send you a full information pack and everything you need to take part in the experience of a lifetime.



INTERNATIONAL SPORTING EVENTS

Paris Marathon	15 April 2012
Big Sur Marathon	29 April 2012
Berlin Marathon	30 Sept 2012

**funding research
changing lives**

CHALLENGE EVENTS

London to Paris Cycle Ride

Passing through picturesque Kent countryside, you cross the Channel and continue through the small villages and medieval market towns of northern France, passing the famous battlefields of the Somme and Agincourt.



Hadrian's Wall Trek



Challenge yourself to trek 25 miles along Hadrian's Wall in a weekend. It may be short but it is a tough trek as the wall snakes its way across hills descending and rising sharply. The spectacular views across Northumberland National Park are worth it!

Cuban Revolution Cycle

This 10-day cycling expedition begins in Havana and ends by the Carribean Sea in Trinidad some 350kms later.

Most of the cars on the road are large American Chevys and Buicks from before the revolution, and buildings have remained untouched for more than half a century. You can't help but be touched by the friendliness and pride that the Cubans feel for their country.



Grand Canyon Experience

This trekking challenge is an exceptional experience, to a wondrous native land hidden beneath the rim of the majestic Grand Canyon. Join your team of budding explorers and descend deep into one of the best natural wonders of the world.



Trek the Himalayas

You pass through thick rhododendron forest and mountainside villages, perched up above picturesque rice terraces on your way up and continue up out of the tree line over 3000m, where awe-inspiring views of the great peaks and glaciers of the Himalayas await you.



Mount Toubkal Trek

Trekking for three consecutive days, you will experience stunning scenery and breathtaking views across north Africa. You will be lucky enough to witness first hand the culture and lifestyle as you discover the real Morocco.



If these locations aren't for you, there are plenty of other adventures to be had in countries all around the world. See our website for more details.

What we can offer you

We are here to help and support you every step of the way and will provide you with a fundraising pack full of ideas and sponsor forms to get you started. We can help you with a press release and also offer you a personalised running vest or t-shirt for the event.

We have all sorts of materials available to help with your fundraising activities such as awareness ribbons, balloons, trolley tokens, leaflets, banner tape – there is a form in your pack to order what you need.

We also welcome participants who have gained their own entry into any event and wish to fundraise on our behalf. Do get in touch to receive your fundraising pack.

Contact: Jo@eruk.org.uk

Epilepsy is the most common serious neurological condition and 1 in every 131 people in the UK has epilepsy.

Epilepsy Research UK supports ground-breaking independent research into the causes, treatment and prevention of epilepsy with the aim of identifying new means to control the condition, improve treatment and quality of life for those with epilepsy, and perhaps ultimately to find a cure.

We are the only national charity dedicated to funding epilepsy research and rely solely on the generosity of our supporters in order to fund this vital work.

If you would like any further information on the work of the charity, please do not hesitate to contact us.

Thank you for all your support!