



Fundraising Events you can get involved in!

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If you think we've missed any events out, please get in touch at rose@quest4change.org.

Quest4Change Events

Brighton Marathon

We have charity places each year for the Brighton Marathon in April, so contact us if you would like to run it.

As part of the Quest4Change Marathon Team you'll receive:

- Support during the run-up and on Race Day
- Entrance to dedicated charity village at the end of the race
- Fundraising tips and advice; sponsorship forms
- A Quest4Change T-shirt
- A marathon training program
- Information about the projects your fundraising will support

Entrance fee £50, fundraising pledge £500. Find out more about how to sign up [here](#).

Brighton Half Marathon Corporate Charity Challenge

The Brighton Half Marathon takes place in February each year, with the Corporate Charity Challenge Trophy awarded to a corporate team of 3-5 people that manages to raise the most funds for their chosen charity. It's also an opportunity to showcase your business, promote teamwork and improve fitness. [Read more](#) about the support we can offer your company and how to get involved.

Quest4Change Annual Three Peaks Challenge

First undertaken by Quest staff and supporters in April 2011, this is a challenging but very rewarding way to discover 3 corners of the UK. Climbing Mount Snowdon, Scafell Pike and Ben Nevis all within 24 hours is the name of the game! [Contact us](#) to find out more about it, or check out www.thethreepeakschallenge.co.uk for more info.

Other Treks & Hikes

These are not organised treks but the team at Quest4Change 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!

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 can be great for getting kids involved. And to boost your fundraising and get yourselves noticed, why not try dressing as a Roman sentry or a Pictish marauder?? Check out [this website](#) for planning a trip.

Coast-to-Coast

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 which 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 for more advice.

South Downs Way

Experience some great views of the countryside between Winchester and the white chalk cliffs of Eastbourne. 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? Look at www.nationaltrail.co.uk/southdowns/ for more details.

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: [website](#).

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: [website](#).

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: [website](#).

Brighton Marathon, April

See 'Quest4Change Events', page 1.

Virgin London Marathon, April

Not forgetting the most famous of all marathons. The ballot for places in the Virgin London Marathon around a year before the race, and competition for places is tough, so make sure to get your application in early! Quest4Change does not have any charity places for the London Marathon: [website](#).

Reading Half Marathon, April

The race starts in Green Park and follows the old route to the Reading University loop: [website](#).

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: [website](#).

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: [Women's Challenge website](#).

Sony Ericsson 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: [website](#).

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: [website](#).

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 Bath's famous landmarks: [website](#).

Reebok Bristol Half Marathon, September

The Bristol Half Marathon is one of the most largest and most popular half marathons in the country: [website](#).

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: [website](#).

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: [official website](#).

North-West

Wilmslow Half Marathon, March

[website](#)

BUPA Great Manchester Run, May

One of the most prestigious 10Kms 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: [Great Runs website](#).

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: [website](#)

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: [website](#).

Jane Tomlinson 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: [website](#).

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: [website](#).

Wales

Cardiff Half Marathon, October

With amazing scenery and a fast and flat course, the Cardiff Half Marathon is very popular with both beginners and seasoned marathon runners! [Cardiff Half website](#).

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: [website](#)

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: [website](#).

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: [website](#).

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: [website](#).

Duathlons & Triathlons Calendar

South & South East

Henley-on-Thames Triathlon, June www.fun2tri.co.uk

Blenheim Triathlon, June www.theblenheimtriathlon.com

Windsor Triathlon, June www.humanrace.co.uk/events/triathlon/windsor-triathlon

South Coast Triathlon – Seaford, East Sussex, August www.fun2tri.co.uk

The London Duathlon: Richmond Park, September www.thelondonduathlon.co.uk

Virgin Active London Triathlon: Docklands, September www.thelondontriathlon.com

Midlands

Stratford Triathlon, May www.fun2tri.co.uk

Trentham, Staffordshire: Gatorade Big Half Triathlon, July www.fun2tri.co.uk

Birmingham Triathlon, July www.fun2tri.co.uk

Nottingham: The Outlaw Triathlon (Iron man) , July www.onestepbeyond.org.uk/the-outlaw-triathlon.php

Warwickshire Triathlon, September www.fun2tri.co.uk

North

Cheshire Triathlon, May www.cheshiretriathlon.co.uk

Cheshire: Cholmondeley Castle Triathlon, June www.castletriathlonseries.co.uk

Liverpool Triathlon, July www.liverpooltriathlon.co.uk

North West Triathlon, September www.fun2tri.co.uk

Wakefield, Yorkshire: Peddle Paddle Pace, June myyorkshiretriathlon.co.uk

Scotland

Nairn Triathlon, September www.triathloninverness.co.uk

Swimming Events (all June & 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.

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.

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 Lake District backdrop.

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.

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.

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.

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](#)

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](#)

