

EVENTS 2016

> **19th March** ■

Lancaster Loyne Rotary Club Annual Charity Fun Swim

Lancaster Uni Sports Centre, 5.30 - 8.30pm Individuals or teams of 6 welcome. Swim lasts 45mins with each swimmer doing 1 in every 6 lengths. Registration is £10 per team and fundraise as much as you can

> **9th April** ★

Born Survivor (Lowther Castle)

Your mission, should you choose to accept it, is to push yourself to the limit tackling the ultimate military obstacle course designed by British Royal Marines Commandos. Enter before 1st Feb to receive early bird entry. Registration starts from £69 and fundraise as much as you can.

> **24th April** ★

Virgin London Marathon

We're lucky to have a limited number of places in this world famous event. Full support with training, fundraising and on the day information will be provided. When they're gone - they're gone! Reg: £75 Minimum Fundraising Target: £1350

> **2nd May** ●

Avenham 5k

A fantastic 5K and fun-run for all the family, taking place over the first May Bank Holiday weekend, this is a great event to take part in. £10 registration and £3.50 for the fun-run - fundraise as much as you can

> **14th & 15th May** ■

Morecambe Bay Walk

Join us for the most famous event in our calendar. Led by the legendary Queen's Guide to the Sands, Cedric Robinson MBE, we'll start at Arnside and walk 8 miles across the sands, ending in Kents Bank. We guarantee it'll be a day you won't forget! Registration £10 per adult and £5 per child. Transport available. Minimum Fundraising target £50. Booking essential!

> **7th May** ●

Keswick to Barrow / Coniston to Barrow

A 40 or 23 mile sponsored walk in the beautiful Lake District. No registration fee. Minimum fundraising target £80 (£40 for under 17's).

> **19th - 22nd May** ★

Plus other dates TBC

London to Paris Bike Ride

Ride through beautiful English villages and into the stunning countryside of rural France. You'll pass historical landmarks and famous battlefields from World War I until you reach Paris - an unforgettable experience awaits you. Registration us £99 and minimum fundraising target is £1,460

> **10th-12th June** ★

Great North Swim

Surrounded by some of the nation's most spectacular natural scenery - the Lake District National Park- the Great North Swim is an inspiring outdoor swim. Reg: £40 Minimum fundraising target: £200. Full training and fundraising support provided

> **29th June - 3rd July** ●

Trek Iceland

Discover an amazing country and culture on our trekking experience to Iceland. From Reykjavik to the volcanic lava fields, Iceland is a truly extraordinary place and this is your chance to discover it. Registration is £199 and minimum fundraising target is £2,340

> **10th July** ■

Southport Colour Blast

Let's have a Blast! Galloway's first ever Colour Blast will take place on Sunday 10th July at Princes Park,

GOT A QUESTION?

■ ALL ABILITIES ● MODERATE ★ EXTREME

Southport, and is set to be one of our brightest fundraising events yet. Runners and walkers will start in white and finish looking like a rainbow, after getting doused with powdered paint as they complete the 5k course. registration fee is £20 for adults and £10 for children (early bird available). Fundraise as much as you can!

> **6th & 7th August** ★

Total Warrior (The Lakes)

It is the perfect venue for an obstacle race with endless hills, rivers, mud (tonnes of it!), woodland and the rugged Lake District terrain. This is before the 25 - 30 punishing Total Warrior obstacles even get a mention! Registration from £59, fundraise as much as you can

> **6th August** ■

Preston Dragon Boat Race

Enter our Dragon! This fun, family and work friendly event is not to be missed! Join our team of Dragon Boat Racers as we attempt to win the champion title of 2016! Registration is £25 per person and fundraise as much as you can

> **29th June - 3rd July** ★

Tough Mudder (North West)

Mud, so much mud. This course is defined by the UK's thickest, darkest and sloppiest mud and in 2016 they're taking it to the next level! Prepare to push yourself through it, drag your teammates out of it, and find it in places you never thought possible. 10-12 Miles, 18-20 Obstacles. Registration starts from £79 and fundraise as much as you can.

> **11th September** ★

Great North Run

One of the most iconic half marathons in the world. Join 57,000 other runners and run from Gateshead to South Shields. Reg: £50 Minimum Fundraising Target: £325. Full training and fundraising support provided.

> **8th-10th September** ●

Great Wall of China Trek

Discover hidden charms on this charity China trek. For those with a passion for culture and a sense of adventure, the China trek leaves an indelible mark on all who take part. Registration is £349 and minimum fundraising target is £2,700

> **18th September** ●

Lancaster Castle 10k

This route takes in the rural Luneside countryside and will be relatively flat so suitable for new runners and pb hunters! But watch out for the tough final 1/4 mile finish! Registration prices vary and fundraise as much as you can.

> **21st-25th September** ●

Mount Toubkal Trek

Journey through the stunning Moroccan Atlas Mountains on this 3-day trek. Enjoy stunning views of the High Atlas Mountains the route is widely regarded as one of the most beautiful mountain landscapes in the world. Deposit: £199. Registration is £199 and minimum fundraising target is £1620

> **25th September** ●

Natterjack 10k

Our favourite seaside 10k with a 2k fun run also available! Register at www.natterjackseaside10k.com and choose Galloway's as your charity of choice. Registration from £18 and fundraise as much as you can.

> **2nd October** ■

Morecambe Blindfold Run

Find a friend. Wear a blindfold & run 5k! For a run like you've never experienced this event is a must. Registration starts from £10 (£5 for children) and fundraise as much as you can.

> **Various dates** ★

3 Peaks Challenge

This is one of the best UK challenges out there! The challenge is to climb 3 of Britain's highest mountains, one after the other, within 24 hours... perfect for groups of 2 - 100. Registration and minimum fundraising prices vary depending on size of group.



GO AHEAD AND JUMP!

Join the 3-mile high club! Combine the most exciting and exhilarating moment of your life with raising funds for Galloway's! Minimum fundraising targets vary

For more information on all events : email: events@galloways.org.uk OR CALL 01772 744148