

THE ROYAL PARKS HALF MARATHON

London | 11 Oct

Reg Fee: £35 | Min Sponsorship: £350

Passing through four of London's Royal Parks, this beautiful half marathon also takes you along the river and past some famous London landmarks, including Admiralty Arch and the Houses of Parliament.



THE HUSKY TRAIL DOG SLED

28 Mar - 4 Apr

Reg Fee: £399

Min Sponsorship: £4,150

Airport Tax & Fuel
Surcharge: £100

Sled through rolling Highlands and Deep forests from Norway to Sweden in this incredible five day challenge. You will be sledding through the rolling highlands and deep forests of Lapland! You'll cover approximately 270km as you journey from Norway to Sweden passing through wild and untouched nature on your way to the original and world famous Ice Hotel in Jukkasjärvi.



GLITTER RUN 5K & 10K

London | 12 July

Reg Fee: £15 (5k)/£25 (10k)

Min Sponsorship: No min, just raise as much as you can.

Get your Glitter on with Team Sunshine! Join Rays of Sunshine and take on the UK's most sparkly 5k or 10k fun run at the Queen Elizabeth Olympic Park.



PRUDENTIAL RIDE LONDON

16 Aug

Reg Fee: £30 | Min Sponsorship: £450

Sign up for a unique opportunity to cycle 100 miles on closed roads through London and Surrey starting at the Olympic Park and finishing by Buckingham Palace, taking on those famous Surrey Hills in between.



THREE PEAKS

3-5 July

Reg Fee: £75 |

Min Sponsorship: £750

Take on a classic trekking challenge and summit the 3 highest mountains in England, Scotland and Wales in just 24 hours!

FEB

16

Barcelona Half Marathon

MAR

1

Vitality Big Half Marathon

APR

5

Paris Marathon

MAY

9-10

Tough Mudder London West

JUN

20

Manchester Rough Runner

JUL

3-5

Three Peaks

AUG

1-2

Tough Mudder Yorkshire

SEP

12

Thames Path Challenge

OCT

11

Royal Parks Half Marathon

NOV

21

Cambodia, Trek to Angkor Wat

DEC

20

Santa Run

15

Barcelona Marathon

5

Manchester Marathon

25

London 10,000

4

Tough Mudder Scotland

16

RideLondon

13

Great North Run

26

London Marathon 2020

12

Glitter Run 5 & 10k

26-27

Snowdon at night

28-4

The Husky Trail Dog Sled

ALL YEAR ROUND



30-4



Milan to Monaco Cycle

Skydives

Wingwalks

3 Peaks

-  Fun Run
-  Half Marathon
-  Marathon
-  Cycle
-  Obstacle Race

-  Triathlon
-  Swim
-  Trek
-  Other

To sign up and join Team Sunshine, visit: www.raysofsunshine.org.uk/events
or contact Joanne Benisty: 0208 782 1171 | joanne@raysofsunshine.org.uk

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