

## Transaid Running Challenges Aug 2019 – Feb 2020

### 5k races

Event	Location	Race Date	Estimated Reg	Price	Minimum Fundraising Target
<b>Bournemouth Fun Run</b>	Bournemouth	October 5 <sup>th</sup>	October 2 <sup>nd</sup>	£18	£100
<b>Supernova Run</b>	London	18 <sup>th</sup> October	TBC	£20.25	£100
<b>Supernova Run</b>	Kelpies	November 10 <sup>th</sup>	November 5 <sup>th</sup>	£23	£100
<b>Big Fun Run</b>	Various	All year round	N/A	£17	£100

### 10k races

<b>York 10k</b>	York	August 4 <sup>th</sup>	August 1 <sup>st</sup>	£24	£150
<b>Nottingham 10k</b>	Nottingham	August 12 <sup>th</sup>	August 9 <sup>th</sup>	£22	£150
<b>Bury 10k</b>	Bury	September 15 <sup>th</sup>	September 12 <sup>th</sup>	£20	£100
<b>Sheffield 10k</b>	Sheffield	September 22 <sup>nd</sup>	September 19 <sup>th</sup>	£23	£150
<b>Scottish 10k</b>	Lothian	September 22 <sup>nd</sup>	September 18 <sup>th</sup>	£35	£150
<b>Bournemouth 10k</b>	Bournemouth	October 5 <sup>th</sup>	October 2 <sup>nd</sup>	£28	£150
<b>Leicestershire 10k</b>	Leicester	October 20 <sup>th</sup>	TBC	TBC	£100
<b>Men's 10k</b>	Edinburgh	November 3 <sup>rd</sup>	October 29 <sup>th</sup>	£28	£150
<b>Tatton Park 10k</b>	Cheshire	November 2 <sup>nd</sup>	TBC	TBC	£150
<b>Cheshire 10k</b>	Warrington	November 22 <sup>nd</sup>	£22	TBC	£150
<b>Longleat 10K</b>	Longleat	February 2 <sup>nd</sup>	TBC	TBC	£150

## Half Marathons

<b>Cheshire Half Marathon</b>	Warrington	September 1 <sup>st</sup>	August 21 <sup>st</sup>	£26	£300
<b>Scottish Half Marathon</b>	Lothian	September 23 <sup>rd</sup>	September 18 <sup>th</sup>	£46	£300
<b>Bournemouth Half Marathon</b>	Bournemouth	October 6 <sup>th</sup>	October 2 <sup>nd</sup>	£35	£300
<b>Manchester Half Marathon</b>	Manchester	October 13 <sup>th</sup>	October 12 <sup>th</sup>	£34	£250
<b>Royal Parks Half Marathon</b>	London	October 13 <sup>th</sup>	August 23 <sup>rd</sup>	£50	£350
<b>Yorkshire 10 Mile</b>	York	October 20 <sup>th</sup>	October 17 <sup>th</sup>	£30	£250
<b>Virgin Sport Oxford Half</b>	Oxford	October 13 <sup>th</sup>	TBC	TBC	£250
<b>Tatton Park Half Marathon</b>	Cheshire	November 3 <sup>rd</sup>	TBC	TBC	£250
<b>Hertfordshire Half Marathon</b>	Knebworth House	November 24 <sup>th</sup>	TBC	£32	£250
<b>Farnborough Half Marathon</b>	Farnborough	January 26 <sup>th</sup>	January 20 <sup>th</sup>	£29	£300
<b>Queen Elizabeth Olympic Park Half Marathon</b>	London	February 10 <sup>th</sup>	February 1 <sup>st</sup>	£36	£300
<b>Leicestershire Half Marathon</b>	Leicester	February 17 <sup>th</sup>	February 7 <sup>th</sup>	£28	£250
<b>Thorpe Park Half</b>	Thorpe Park	February 24 <sup>th</sup>	February 14 <sup>th</sup>	£32	£250
<b>Hampton Court Palace Half Marathon</b>	London	March 15 <sup>th</sup>	March 4 <sup>th</sup>	£65	£250

## Marathons

<b>Bournemouth Marathon</b>	Bournemouth	October 6 <sup>th</sup>	October 2 <sup>nd</sup>	£55	£600
<b>Chester Marathon</b>	Chester	October 6 <sup>th</sup>	September 20 <sup>th</sup>	£53	£300
<b>Yorkshire Marathon</b>	York	October 20 <sup>th</sup>	October 17 <sup>th</sup>	£50	£300

## European races

Event	Location	Race Date	Estimated Reg	Price	Minimum Fundraising Target
<b>Amsterdam 8k</b>	Amsterdam, Netherlands	October 20 <sup>th</sup>	August 22 <sup>nd</sup>	£16.50	£150
<b>Amsterdam Half Marathon</b>	Amsterdam, Netherlands	October 20 <sup>th</sup>	August 22 <sup>nd</sup>	£31	£300
<b>Amsterdam Marathon</b>	Amsterdam, Netherlands	October 20 <sup>th</sup>	August 22 <sup>nd</sup>	£77.50	£600
<b>Barcelona Half Marathon</b>	Barcelona, Spain	February 10 <sup>th</sup>	January 13 <sup>th</sup>	£28	£350
<b>Barcelona Marathon</b>	Barcelona, Spain	March 10 <sup>th</sup>	February 11 <sup>th</sup>	£62	£800
<b>Paris Half Marathon</b>	Paris, France	March 10 <sup>th</sup>	January 6 <sup>th</sup>	£80	£400

## Duathlons/Triathlons

Event	Location	Race Date	Estimated Reg	Price	Minimum Fundraising Target
<b>London Duathlon</b>	London	September 8 <sup>th</sup>	August 23 <sup>rd</sup>	£85	£300
<b>London Duathlon - Relay</b>	London	September 8 <sup>th</sup>	August 23 <sup>rd</sup>	£140	£300
<b>London Duathlon – Half</b>	London	September 8 <sup>th</sup>	August 23 <sup>rd</sup>	£75	£200
<b>London Duathlon – Ultra</b>	London	September 8 <sup>th</sup>	August 23 <sup>rd</sup>	£139	£500
<b>Saunderstoot Triathlon – Sprint</b>	South Wales	September 14 <sup>th</sup>	September 5 <sup>th</sup>	£45	£200
<b>Mumbles Triathlon – Middle</b>	South Wales	September 28 <sup>th</sup>	September 6 <sup>th</sup>	£99	£300
<b>Mumbles Triathlon – Sprint</b>	South Wales	September 28 <sup>th</sup>	September 6 <sup>th</sup>	£45	£200
<b>London Triathlon</b>	London	July 27 <sup>th</sup> - 28 <sup>th</sup>	July 18 <sup>th</sup>	£90	£250
<b>Gower Triathlon</b>	South Wales	August 31 <sup>st</sup>	August 8 <sup>th</sup>	£45	£250

<b>Mumbles Duathlon</b>	Wales	March 21 <sup>st</sup>	April 29 <sup>th</sup>	£24	£200
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## Obstacle races

<b>Event</b>	<b>Location</b>	<b>Race Date</b>	<b>Estimated Reg</b>	<b>Price</b>	<b>Minimum Fundraising Target</b>
<b>Mudnificent 7</b>	Warwickshire	August 17 <sup>th</sup>	August 17 <sup>th</sup>	From £32.50	£150
<b>Rough Runner – Scotland</b>	Edinburgh	August 17 <sup>th</sup> – 18 <sup>th</sup>	August 8 <sup>th</sup>	£45	£150
<b>Gauntlet Games 5k and 10k</b>	Manchester	September 15 <sup>th</sup>	September 5 <sup>th</sup>	£35	£150
<b>Zombie Evacuation Race</b>	East Anglia	September 15 <sup>th</sup>	September 5 <sup>th</sup>	£20	£100
<b>Spartan Beast</b>	Scotland	September 14 <sup>th</sup>	TBC	TBC	£400
<b>Spartan Sprint</b>	Scotland	September 15 <sup>th</sup>	TBC	TBC	£150
<b>Spartan Super</b>	Windsor	October 6 <sup>th</sup>	September 27 <sup>th</sup>	£54	£250
<b>Spartan Sprint</b>	Windsor	October 6 <sup>th</sup>	September 27 <sup>th</sup>	£46	£150
<b>Santa in the City</b>	London	December 5 <sup>th</sup>	November 19 <sup>th</sup>	£23	£150
<b>London Santa Run</b>	London	December 8 <sup>th</sup>	November 28 <sup>th</sup>	£25	£100
<b>Tough Guy - The Original</b>	Wolverhampton	January 27 <sup>th</sup>	December 13 <sup>th</sup>	£65	£250
<b>Spartan Trifecta</b>	Various	Any	N/A	£225	£650
<b>UK Bungee</b>	Various	All year round	N/A	From £49	£400
<b>UK Parachuting</b>	Various	All year round	N/A	From £240	£400
<b>Dog Jog</b>	Various	All year round	N/A	£17	£100
<b>Rough Runner</b>	Various	All year round	N/A	From £38	£150