

WALK/RUN  
BIKING  
CHALLENGES  
TEAM BUILDING  
ADRENALINE  
SPONSORED DIP

# What could you do? 2014



St Elizabeth  
Hospice

Registered Charity No. 289154

25

years of care  
1989 - 2014

WALK/RUN



Date: **Saturday 10th May**

Location: **Ipswich Town Football Club**

Men and women can walk or run our usual five or eight mile routes, and for the more adventurous we have introduced a 13 mile half-marathon style circuit.



## SUFFOLK CYCLE CHALLENGE



**Date:** Sunday 31st August  
**Location:** Framlingham College

Join us for a summer day's cycling in the Suffolk countryside. Choose from 40 or 80 mile routes or a shorter family ride.



## PRUDENTIAL RIDE LONDON SURREY 100

**Date:** Sunday 10th August  
**Location:** Queen Elizabeth Park, London

## NIGHTRIDER

**Date:** Saturday 7th - Sunday 8th June  
**Location:** London

A unique 100km moonlit bike ride past London's iconic landmarks.

## MOTORCYCLE RUN

**Date:** Sunday 22nd June  
**Location:** Stonham Barns  
near Stowmarket





# OVERSEAS CHALLENGES



We offer a range of overseas challenges, whether you want to cycle, trek, explore or go rafting. Visit our website to see full details and dates.

- > Hike the Himalayas
- > Climb Mount Kilimanjaro
- > Cycle London - Paris
- > Euro City Cycling Challenge
- > Pyrenees Snow Shoe Challenge
- > Great Wall of China
- > Trek Uganda
- > Alps Trek
- > Grand Canyon Trek
- > Cambodia Jungle Trek
- > Zambezi River Challenge
- > Dog Sledding Challenge



# SAHARA DESERT TREK



**Dates:** **4th - 11th October** with other Hospices across the country

**18th - 25th October** on our St Elizabeth Hospice bespoke adventure

**Location:** **The Sahara Desert, Morocco**

Experience the stunning landscape of the Sahara desert as you drive and trek through this inhospitable, yet enigmatic environment. In the final two days, you will help at a local community project in what will be a worthwhile end to a fantastic experience!





# UK CHALLENGES

We also offer a number of challenges which are closer to home.

## TRIATHLON

**Date: Saturday 2nd - Sunday 3rd August**

**Location: London ExCel Centre**

Join as an individual or a team and run, swim and cycle past some of London's most iconic landmarks.



## GREAT EAST SWIM

**Date: Saturday 21st June**

**Location: Alton Water, Holbrook**

Open to beginners or professionals, you can take to the open water and choose to swim half a mile, one mile, two miles or 5k in this beautiful setting.

## THAMES PATH CHALLENGE

**Date: Saturday 13th September**

**Location: London**

## MUCKY RACES - THE GAUNTLET

**Date:** 6th April

**Location:** Essex

Take on one of nature's toughest, muddiest obstacle course races. This course has numerous water pits and possibly the toughest mud pits in the UK. Choose from a 6km or 12km course.



## THREE PEAKS CHALLENGE

**Date:** Saturday 31st May – Monday 2nd June

**Location:** Ben Nevis, Scafell Pike and Snowdon

## CHALLENGES OPEN NIGHTS

Come along to one of our open nights to find out more about the challenges we have on offer.

**Dates:** Wednesday 29th January,  
26th March, 9th July or 29th October

**Location:** St Elizabeth Hospice  
565 Foxhall Road, Ipswich

## TEAM BUILDING



## EAST ANGLIAN DRAGON BOAT FESTIVAL

**Date:** Sunday 15th June

**Location:** Alton Water, Holbrook

Dragons wanted! Teams of up to 11 battle to become the East Anglian Dragon Boat Festival winners. No experience needed. Spectators welcome too.

## GREAT XSCAPE AND SURVIVE!

**Date:** Saturday 5th April

**Location:** It's a secret

Teams of three or four are tasked with finding their way back to us from a secret location – with a few challenges along the way!



## CORPORATE GOLF DAY

Date: **Wednesday  
17th September**

Location: **Hintlesham Golf Club**

Teams of four join us for a round of 18 holes where you will be challenged to ***"beat the pro"*** on one of the par three holes, followed by an evening meal and auction.



## THE ACCUMULATOR CHALLENGE

**A £50 stake and the chance to raise as much money as you and your colleagues can.**

Are you ready  
to take on the  
challenge?



ADRENALINE



# ADRENALINE SKYDIVE

**Dates:** **Saturday 26th April**  
**Sunday 27th April**  
**Saturday 23rd August**  
**Sunday 24th August**  
or alternatively choose  
any date suitable for you

**Location:** **Beccles Airfield**

Experience the adrenaline rush of a lifetime  
as you jump from a plane two miles above  
the ground.



# TAKE A DIP

## CHRISTMAS DAY

Date: **Thursday 25th December**

Location: **Felixstowe**

Join us for a dip into the cold North Sea - what a great way to begin the festivities!

## NEW YEAR'S DAY

Date: **Thursday 1st January 2015**

Location: **Gorleston-on-Sea**

Start the New Year with a splash and take a dip in the sea with us.





# WHY NOT...

## take up the challenge of organising your own fundraising event?

It's fun, rewarding and a great way to support the Hospice. Whether it's an event for your local community or a social occasion for your friends and family, it really will make a difference and our fundraising team is here to support you every step of the way.

For more information about any Hospice event contact the fundraising team:

St Elizabeth Hospice  
565 Foxhall Road  
Ipswich, Suffolk, IP3 8LX

**Tel: 01473 723600 Fax: 01473 274717**

**Email: [fundraising@stelizabethhospice.org.uk](mailto:fundraising@stelizabethhospice.org.uk)**

**[www.stelizabethhospice.org.uk](http://www.stelizabethhospice.org.uk)**

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