

What could you do? 2014





25 years of care 1989 - 2014





★ Midnight Walk**2014**



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 RIDELONDON 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.

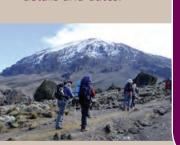
MOTORCYCLE RUN

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





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.



ADRENALINE



SKYDIVE **

Dates: Sa

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.



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

www.stelizabethhospice.org.uk

Registered charity No. 289154

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