



Life-Changing Events

UK EVENTS: RUN, CYCLE, JUMP!

(Please note that places can only be confirmed after application and are not guaranteed):

RUN!

Join our charity runs - we have something for everyone!

Santa Run

Come and join over 4,000 Father Christmases running your choice of either 5k or 10k. Whether you run, jog or walk – this event is all about the taking part, not the winning. No previous experience is required and with some training, the 5km or 10km distance should easily be within your capabilities! Plus, with our training and fitness advice we expect you will be ready in no time, and there is a free santa outfit for every participant!

When: 11am 4th December 2016

Where: Victoria Park, London (easily accessible by public transport)

Cost: £28 per person with no minimum sponsorship OR £28 for an adult PLUS FREE CHILD UNDER 16 PLACE and raise a minimum sponsorship of £120 in good time ahead of the event.

Families, children and even dogs are welcome! So please come and join us for a morning Fun Run and help raise some much needed funds for SPEAR homeless.

For further information on either event please email: fundraising@spearlondon.org

Richmond 10k and Half Marathon

Come and join London's premier multi-surface half marathon and 10k event in SPEAR's neighbourhood of leafy Richmond. With this event you can select a run that best suits your personal fitness level and set yourself an individual challenge to either complete a 10k or a half marathon. All finishers receive a Tech pair of Salomon socks, bespoke medal, head buff and a morning of fun and enjoyment.

When: Sunday 19th March 2017

Where: Richmond

Cost: £27 per person for the 10k or £35 per person for the half marathon, suggested minimum sponsorship £100

Please sign up at <http://www.richmondhalf.com/> or email fundraising@spearlondon.org for more information.

Vitality London 10k

Would you like to run a 10k in the heart of London, taking in the capital's most iconic landmarks? Come and join more than 10,000 runners when they take to the streets of the capital passing many of London's most famous buildings, starting from The Mall and finishing at Buckingham Palace. A 10k is a great distance for novices and seasonal runner alike, so come and join in and run for SPEAR!

When: 29th May 2017

Where: The Mall, London- more details to follow

Cost: £30 per head, suggested minimum sponsorship £100

Please sign up directly at <https://www.vitalitylondon10000.co.uk/how-enter/online-entry/> or contact us at fundraising@spearlondon.org

CYCLE!

Get on your bike, Get Fit and Help us raise money to beat homelessness!

RIDE LONDON July/ August 2017 (exact date tbc)

The route of the Prudential RideLondon-Surrey 100 offers a perfect, traffic-free ride for a range of cycling abilities. Everyone can enjoy a challenging day in the saddle pedalling 100 miles through the roads of London and Surrey. As well as the personal challenge of completing the route, your sponsorship will benefit SPEAR hugely.

When: July/ August 2017 tbc

Where: The Start is at Queen Elizabeth Olympic Park in East London, the route takes you out of London through the Surrey Hills and then loops back into London via Putney Bridge for a spectacular finish at The Mall.

Cost: £30 registration fee plus £25 for a T shirt

Minimum sponsorship: £550

For further information please contact us at fundraising@spearlondon.org

JUMP!

Take on the challenge of a lifetime from 10,000 ft!

We are looking for thrill seeking fundraisers to take on this once in a lifetime challenge and if you raise enough sponsorship you can jump for free!

You will be strapped to your qualified British Parachute Association tandem instructor who does all the hard work for you, leaving you to enjoy the invigorating feeling of freefalling before gliding to the ground.

You can jump from any one of over twenty BPA approved airfields across the UK and no experience is necessary as you will be given training before you jump.

Cost: £70 Booking deposit

All you need to do is raise £395 in sponsorship money in order to take part and in return SPEAR will receive an average donation of £140 with everything you raise above the minimum target coming to us too.

This incredible challenge will give you the biggest adrenaline rush you could ever imagine and you soar through the air knowing that you have raised invaluable funds for SPEAR homeless.

So what are you waiting for? Book now to experience the challenge of a lifetime!

For more information email fundraising@spearhomeless.org

TREK!

Take on the adventure of a life-time and help change lives.

If you have the spirit of adventure and are after a more intrepid challenge then you will be excited to know that we have to take part in a sponsored trek in the following countries in 2017:

Kilimanjaro: 27th September – 7th October

China: 7-16th September

Iceland: 12-16 July

Sahara: 11-19 November

Registration fees and sponsorship levels apply. Please note these are between £2-4k depending on the event. For further information please contact us at fundraising@spearlondon.org