



CHALLENGE EVENTS 2017

Do something amazing for
people with coeliac disease

coeliacuk
live well **gluten free**



HOW YOU CAN HELP THOSE LIVING WITH COELIAC DISEASE

Coeliac UK is an independent charity and we rely on the support of our members and their family and friends to raise funds to help us improve the lives of those in the community living with coeliac disease.

How to take part

Sign up today for one of our listed events by contacting the Fundraising Team on **01494 796724**, emailing **fundraising@coeliac.org.uk** or visiting **www.coeliac.org.uk/challenges**.

We will provide you with the tools and support to have a successful and enjoyable fundraising experience, and if you would like to do an event that isn't listed we can help you with that too.

"Coeliac UK receives no government funding. It supports research into coeliac disease, including potential cures, supports those with coeliac disease in many ways and spends a lot of effort campaigning to improve the diagnosis of coeliac disease."

Peter, Bournemouth Marathon

RUNNING EVENTS

Brighton Marathon
9 April 2017

London Marathon
23 April 2017

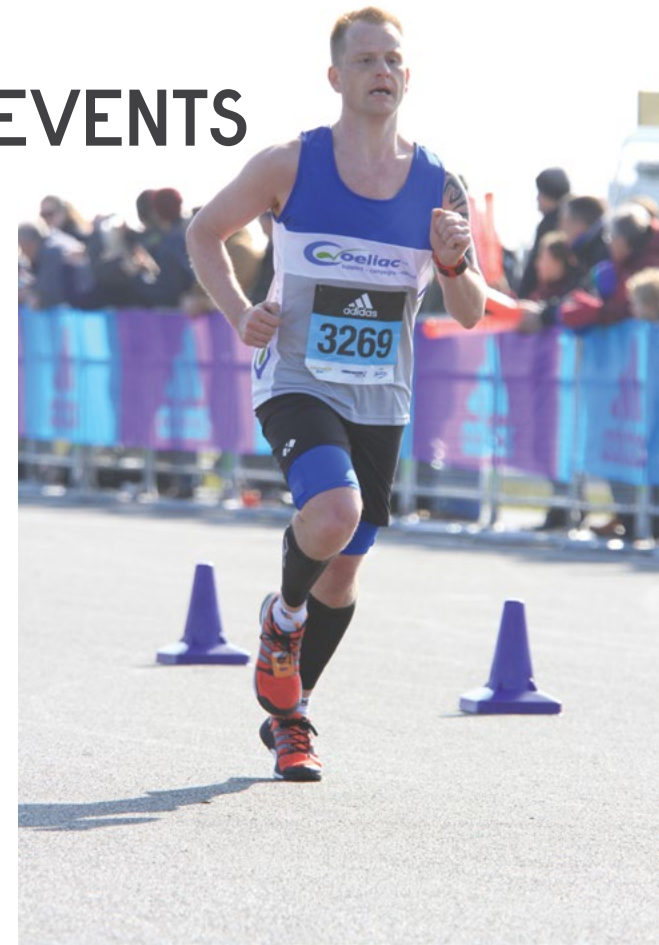
Edinburgh Marathon
28 May 2017

Edinburgh Half Marathon
28 May 2017

British 10k
9 July 2017

Great North Run
10 September 2017

Royal Parks Half Marathon
8 October 2017



The charity has been so supportive since the day we were diagnosed and I can't begin to explain how much better I feel since starting a gluten free diet. I am now a bundle of energy ready to take on the challenge of a half marathon whilst raising money for a charity that is so important to our family.

Alex, Great North Run



CYCLING EVENTS



Nightrider

London: 10 June 2017
Liverpool: 15 July 2017

Ridelondon-Surrey 100

30 July 2017

London to Brighton

17 September 2017

Overseas cycling

London to Paris Tour de France:

19-23 July 2017

London to Amsterdam:

30 Aug-3 September 2017

NEW LOOK FITNESS GEAR

We kicked off 2017 by launching our brand new look. Everyone participating in Challenge Events this year will receive updated sportswear with our new logo.

"The training for the RideLondon was more than just physical preparation for a ride, it was also quite a journey for me, a coming back from some personal setbacks. For this reason I decided to fundraise for a charity that has helped me personally since being diagnosed with coeliac disease in 2008."

Stephanie, RideLondon

WALKING AND SWIM EVENTS

Awareness Week Walks

Lulworth and Dovedale:

13 May 2017



Treasure Hunts

Cardiff: 10 June 2017

Edinburgh: 24 September 2017

London: 25 November 2017

Ben Nevis Trek

24-26 June 2017

29 September-1 October 2017

Overseas walks

Iceland trek:

19-23 July 2017

China trek:

7-16 September 2017

Swim

Great London Swim

1 mile distance

1 July 2017

"It is so nice to do this Treasure Hunt challenge with other families we are getting to know well. Thank you very much for bringing us together!"

Kirsty, Treasure Hunt



MULTIPLE OBSTACLE EVENTS (MOB EVENTS) AND SKYDIVES

Spartan

Various dates and locations from April to October 2017

Toughest

London: 17 June 2017

Mudnificent Seven

Warwickshire: 12 August 2017

Bear Grylls Survival Race

Various dates and locations in August and September 2017

Zombie Evacuation

East Anglia:
17 September 2017

London: October 2017

Skydives

Various dates throughout the year and locations across the UK

WHAT IS A MOB EVENT?

MOBs are fun events that combine teamwork, obstacles and adventure. From mud runs to obstacle courses, find a challenge to suit you.



I'd like to thank Coeliac UK for organising fundraising events like this. Skydiving is something I was somewhat fearful of in the past; however being able to do this for a charity that has been incredibly supportive since my diagnosis did push me to sign up. I'm really happy with how much the fundraiser has raised and I hope this helps Coeliac UK a lot. Mark, Skydive

SOMETHING FOR KIDS: JUNIOR EVENTS

RUNS

Edinburgh Marathon Festival Junior Events

Various distances on 27 May 2017

'Run for All' Junior events

Various locations in the North and East of England from April to September 2017

Great Run Series Junior Events

Various locations and dates from April to October 2017

WALKS

Awareness Week Walks

Lulworth and Dovedale:
13 May 2017



Treasure Hunts

Cardiff: 10 June 2017
Edinburgh: 24 September 2017
London: 25 November 2017

MOB EVENTS

Bear Grylls Kids Race

Various dates and locations:
August and September 2017

Spartan Junior Race

Various dates and locations from April to October 2017

Mini Mudder

Various dates and locations

"My brother and I did the 2016 Junior Great North Run to raise money and awareness for Coeliac UK. I was diagnosed in 2013 and took a while to respond to the diagnosis but since mid 2014 I have lived a pain free life." Francesca and

Dylan, Junior Great North Run

For nearly 50 years, Coeliac UK has been the expert on coeliac disease and the gluten free diet. We are an independent charity helping people living without gluten to live happier, healthier lives.

We do this by providing trustworthy advice and support, funding critical research into coeliac disease, working with healthcare professionals to improve diagnosis and fighting for better availability of gluten free food.

And we do it all so that one day, **no one's life will be limited by gluten.**

“I was diagnosed with coeliac disease at the age of three and Coeliac UK have helped me loads over the past 9 years so I thought it was time to repay them.”

Cameron



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