

SPONSORED EVENTS 2017

If you'd like to do a sponsored event for Young Roots, but not sure where to start, we've made a list of some events happening in and around London.

Costs: If the entry fee of these events is prohibitive, don't worry! We would be happy to pay for your entry fee, if you pledge to raise 2.5 times the cost. Email london@youngroots.org.uk to discuss this with us.

Getting Sponsored: Raise money online at <https://www.justgiving.com/youngroots>

The Small Print: Young Roots is not involved in the organisation of these external events. We do not take any responsibility for the events, or the content of these external websites.

Running

Half Marathons

This website lists half –marathons happening across the UK throughout the year – so you can choose a time and place that suits you <https://findarace.com/half-marathons>

Here's a few we like the sound of...

Secret Half in the East- Saturday 6th May (East London)

A half marathon with a twist! Your team will meet the Chief of Police in a secret location in the 20th century East End to get you up to speed on the investigation. Then you'll take to the streets to find witnesses, gather clues and interrogate suspects. By the time you've solved the murder, you won't even have realised you've clocked up 13.1 miles!

<http://www.secretlondonruns.com/secret-half-in-the-east>

Ealing Half Marathon – Sunday 24th September (Ealing)

Voted the UK's best half marathon 2014, 2015 *and* 2016, this is sure to be a great event

<http://www.ealinghalfmarathon.com/>

Thames Meander – Saturday 4th November (Kingston Upon Thames)

A flat, scenic riverside trial marathon and half marathon along the Thames Path

<http://www.hermesrunning.com/thames-meander/>

Superhero Run (5 or 10km)

Sunday 14th May (Regents Park, London)

Your chance to become a real-life superhero as you pull on your cape and join thousands of fellow runners as they descend on Regent's Park, London. This 5 or 10km run includes a free superhero outfit! <http://www.londonsuperherorun.co.uk/>

The Colour Run (5km)

11th June (Wembley Park, London); Sunday 23rd September (Brighton)

"The Happiest 5k On The Planet" - Celebrating healthiness, happiness and friendship, you can run, walk, skip or dance through the 5 'Colour Zones' and emerge like a rainbow. <http://thecolorrun.co.uk>

Richmond Summer Riverside 10k

Saturday 22nd July (Richmond, London)

Stunning 10km fast and flat route along the riverside from Richmond towards Kingston <https://thefixevents.com/richmond-summer-riverside-10k>

Zombie Evacuation

October (Date TBC) (Hendon, London)

Terrifying new discoveries have been found in the woods around the London suburbs, a new breed of undead has arisen like never seen before and are descending on the capital – run for your life! <http://www.zombieevacuation.com/>

Croxley Park Christmas Cracker

Sunday 19th November (Watford, Hertfordshire)

Get the festive season off to a flying start – dress up as your favourite Christmas character and join the crowds for this 10k run.

<http://www.nice-work.org.uk/events.php?id=219>

Trekking

TrekFest

3rd – 4th June (Brecon Beacons) and 2nd – 3rd September (Peak District)

Trek 25 or 50km through one of Britain's most inspiring National Parks.

The Peak District trek begins in the beautiful Hope Valley –home to some of the most picturesque and ancient landscapes in the country. <http://www.trekfest.org.uk/the-peaks/>

As the training ground for the SAS, the Brecon Beacons will provide you with some testing climbs, steep descents and challenging terrain – which makes the view at the top all the more spectacular! <http://www.trekfest.org.uk/the-beacons/>

Three Peaks Challenge

Throughout the year

Climb the UK's three largest mountains in just 24 hours! There are various organisations that can help you to plan your challenge.

Cycling

Nightrider

10th –11th June (London)

50 or 100km cycle through the heart of London *at night* – glo-sticks at the ready!

<https://www.nightrider.org.uk/> Be inspired: <https://youtu.be/JSBJ3o59fSM>

London Duathlon

Sunday 17th September (Richmond, London)

Run / Bike / Run in the world's biggest duathlon, set in stunning Richmond Park, London. On completely closed roads, this is a great event for all abilities. Entry includes your very own cycle jersey. <https://londonduathlon.com/>

London to Brighton

Sunday 17th September (begins in South London)

Join 4,000 people on this 54 mile cycle to this vibrant coastal city

<http://www.londonbrightoncycle.co.uk/DIFC-L2B-2016.aspx>

London to Paris Cycle

7-11th June; 13th – 17th September (begins in Croydon, London)

4 days, 308 miles, and two of the most iconic cities in the world – can you handle it?

<http://www.globaladventurechallenges.com/uk/london-to-paris-bike-ride/>

Swimming

Swim Serpentine

Saturday 16th September (Hyde Park, London)

A one-day open water swimming festival staged in the heart of London. Choose between half a mile, one mile or two miles the open water swimming venue for the London 2012 Olympic Games (and the website mentions a hot tub.....!)

<https://www.swimserpentine.co.uk/> Be inspired: https://youtu.be/FtAP6njo_wo

Great London Swim

Saturday 1st July (Newham, London)

Whether you're dipping your toe into open water swimming for the first time, or you're searching for the ultimate challenge, the Suunto Great London Swim offers you a selection of distances to suit your particular ability - from a half mile, right up to 5 and 10km for the *really* brave!

<http://www.greatrun.org/great-swim/great-london-swim>

Obstacle Courses

Tough Mudder

May 6-7th (Henley-on-Thames) September 16th; September 23-24th (West Sussex)

Tough is the key word here for this 10-12mile course tests your mental and physical strength, as you face obstacles including "Electroshock Therapy", a "Arctic" ice-river, and a *lot* of mud. <https://toughmudder.co.uk/> Be inspired: <https://youtu.be/U3J-aKrOpko>

The Great Escape

Saturday 22nd July (Henley-on-Thames)

Your mission is to outwit your captors, break out of the prison grounds and escape to freedom through a series of tunnels. Navigate across an area of land in which explosive mines have been placed, fight your way through a never-ending struggle of water and mud, whilst running, climbing, crawling, jumping your way over, under and through a variety of military themed obstacles. A 10km obstacle race like no other.

<https://www.muddyrace.co.uk/south-east/the-great-escape-south-east/>

And something completely different...

Boom Banger Rally

Friday 2nd – Sunday 4th June (Bruges – Amsterdam); Sunday 8th – Thursday 12th October (Amsterdam – Norweigan Arctic)

Fulfil your Top Gear fantasies with this mad dash across Europe in an old banger. With socials each night, and prizes for the most imaginatively dressed team, this will be an adventure to remember!

<http://www.boombangerrally.co.uk/>