

Make your mark on 2023



Fundraising Events
Calendar 2023



SarcomaUK
The bone & soft tissue
cancer charity



SarcomaUK
The bone & soft tissue
cancer charity

ABIGAIL
30826

WAVE
7

great north
RUN

LYLE
28353

happy
days

CROOK

Your event your way

Sarcoma is cancer. A cancer that 15 people are diagnosed with every day in the UK, yet not enough people know about it. Sarcoma UK is the national charity that's working to change that. It funds vital research, offers support for anyone affected by sarcoma cancer through its dedicated Support Line and campaigns for better treatments. We're working towards a future where everyone affected by sarcoma has the treatment care and support they need, and you can be part of it.

Whether you take on a physical challenge, attend one of our flagship events or host your own event in the community, you'll be doing something that money can't buy - letting people know that sarcoma is cancer. By representing the charity in the coveted Sarcoma UK blue top, you'll be raising awareness to the 75% of the population who have never heard of sarcoma, and letting them know that they too can make a difference.

When you join Team Sarcoma 2023, we will be there to help you every step of the way.

From the day you join, until your event is over, and beyond, you'll receive untapped support from your dedicated contact in the fundraising team. You can expect personalised support and information, your own Team Sarcoma fundraising pack and top and someone will always be there to answer every question. It's the least we can do.

sarcoma.org.uk/get-involved

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Events

Run

Get your running shoes on and go the extra mile.



Fun Runs, 5K & 10K

Birmingham Running Festival

Date: 19 February 2023

Sponsorship pledge: £150

Why? Choose between a 5k, 10k or Half Marathon distance – there is an option for everyone making it the perfect opportunity for a fun morning out running with friends and family!

Battersea Park 5K/10K

Dates: 11 February/1 April/17 June 2023

Sponsorship pledge: £150

Why? Choose a 5K or 10K route, perfect for beginners or as a part of training for a larger run – something for everyone!

Colchester Stampede – 10K

Date: 14 May 2023

Sponsorship pledge: £150

Why? This is your chance to be cheered on by over 260 species at Colchester Zoo, whilst earning yourself free access to the zoo once you have finished!

Brighton Trail Weekend – 10K

Date: 11 June 2023

Sponsorship pledge: £250

Why? Experience trail running in the stunning setting of Brighton's Stanmer Park Estate and South Downs National Park.

Hillsborough Castle and Gardens Running Festival – 5K/10K

Date: 30 July 2023

Sponsorship pledge: £150

Why? Take in the glorious locals sights such as Hillsborough Lake and the Hillsborough Castle and Gardens grounds, on a beautiful route fit for all.

Nottingham Running Festival – 5K/10K

Date: 6 August 2023

Sponsorship pledge: £150

Why? Complete your own race around the iconic Nottingham Racecourse, also taking you along the wide trail paths of Colwick Country Park and around the park's stunning lakes!

Santa In The City – 5K

Date: December 2023

Registration fee: £15

Sponsorship pledge: £100

Why? Spread both awareness and Christmas cheer – it's the perfect way to get into the festive spirit!



Not close enough to home?

Just get in touch and we will send you a list of your local events!



**"It was an honour to run
for the Sarcoma UK team."**





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cancer charity
sarcoma.org.uk

DIFFERENC
FT TISSUE

“The half marathon is the optimal distance, it is both a physical and mental battle at times but the sense of achievement when you cross the line at 13.1 miles doesn’t ever disappoint.”



Half Marathons

Barcelona Half Marathon

Date: 19 February 2023

Sponsorship pledge: £300

Why? Take part in one of the most magical half marathons in the world: urban, lively, Mediterranean, monumental, scenic, fast and accessible to everyone.

London Landmarks Half Marathon

Date: 2 April 2023

Sponsorship pledge: £400

Why? You’ll see London’s cultural landmarks and find out about quirky and hidden secrets, all whilst being cheered on by bands, dance troops, steel bands and maybe even some Pearly Kings and Queens!

Hackney Half

Date: 21 May 2023

Sponsorship pledge: £275

Why? Discover London’s East End streets with vibrant street art, live music and cheering spectators.

Edinburgh Half Marathon

Date: 28 May 2023

Sponsorship pledge: £350

Why? It’s fast and flat; making it perfect for those who hate hills!

Hillsborough Castle and Gardens Running Festival - Half Marathon

Date: 30 July 2023

Sponsorship pledge: £175

Why? Take in the glorious local sights such as Hillsborough Lake and the Hillsborough Castle and Gardens grounds, on a beautiful route fit for all.

Nottingham Running Festival - Half Marathon

Date: 6 August 2023

Sponsorship pledge: £175

Why? Complete your own race around the iconic Nottingham Racecourse, also taking you along the wide trail paths of Colwick Country Park and around the park’s stunning lakes!

Great North Run

Date: 10 September 2023

Sponsorship pledge: £350

Why? One of the world’s biggest and best half marathons – famous for its warm Northeast welcome and unbeatable atmosphere.

Cardiff Half Marathon

Date: 1 October 2023

Sponsorship pledge: £350

Why? Take part in one of Europe’s largest half marathons. Breath taking scenery of the city on this flat and fast course, also a member of the prestigious ‘SuperHalves’.

Royal Parks Half Marathon

Date: 8 October 2023

Sponsorship pledge: £350

Why? Tick off four of London’s Royal Parks from your list with this half marathon. Race day is as green as possible, 66% of all waste from the event is recycled.

Amsterdam Half Marathon

Date: 15 October 2023

Sponsorship pledge: £350

Why? Race through the city centre and take in the incredible sights, across the Amstel River and finish in the iconic Olympic Stadium.



Marathons

Barcelona Marathon

Date: 19 March 2023

Sponsorship pledge: £350

Why? Take part in one of the most magical marathons in the world: urban, lively, Mediterranean, monumental, scenic, fast and accessible to everyone.

Paris Marathon

Date: 2 April 2023

Sponsorship pledge: £500

Why? Make incredible memories whilst taking on 26.2 miles and take in sights such as the Arc de Triomphe, Place de la Bastille, Notre Dame and the Eiffel Tower. Experience one of the world's greatest cities like never before.

London Marathon

Date: 23 April 2023

Registration fee: £50

Sponsorship: £2,400

Why? The London Marathon is one of the greatest marathons in the world and definitely one to be a part of. Nothing beats the feeling when you run over Tower Bridge or down the Mall. How often do you get thousands of strangers cheering and clapping you on? It's definitely an experience you will remember.

Edinburgh Marathon

Date: 28 May 2023

Sponsorship pledge: £500

Why? This incredible city centre start takes you through the very heart of Edinburgh with the iconic Edinburgh Castle as your backdrop, then descend almost 90 metres to near sea level, for the finish. It is the fastest marathon route in the world.

Brighton Trail Weekend - Marathon

Date: 11 June 2023

Sponsorship pledge: £500

Why? Explore the beautiful South Downs National Park, and discover rolling hills, chalky trails and enchanting, Sussex woodlands.

Amsterdam Marathon

Date: 15 October 2023

Sponsorship: £500

Why? It is the fastest marathon in the Netherlands, and you'll be joined by over a whopping 140 different nationalities along the picturesque route. Tick off an overseas marathon from your bucket list this year!



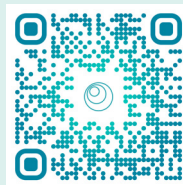
Why not take your challenge one step further, by running in one of our coveted bone costumes?

“Running has changed my life physically, mentally and socially.”



Take part

If you're interested in taking part in any of these running events or if you have found your own, we would love to have you on Team Sarcoma, just email fundraising@sarcoma.org.uk or visit our website to apply sarcoma.org.uk/running



Walk

“To know someone truly, you should walk a mile in their shoes.”



London Winter Walk

Date: 28 January 2023

Registration fee: £20

Sponsorship: £275

Why? A great event to walk off the Christmas treats, and kick start your New Year fitness regime!

Kiltwalk

Registration fee: £20

Where and when? Glasgow – 30 April, Aberdeen – 4 June, Dundee – 20 August, Edinburgh – 17 September

Why? Don your kilt and take part in one of the Kiltwalk's virtual and city challenges, and The Kiltwalk and The Hunter Foundation will increase eligible donations by 25% with gift aid.

Jurassic Coast Challenge

Date: 13-14 May 2023

Registration fee: £45

Sponsorship: £595

Why? Enjoy the spectacular World Heritage coastline. Choose from the full 100km challenge, a half challenge, or even a 25km quarter distance – it's your challenge.

London to Brighton

Date: 27-28 May 2023

Registration fee: £45

Sponsorship: £595

Why? Join over 2,000 adventurers on the Capital to Coast route and enjoy the wonderful countryside as you test your grit over the Bank Holiday weekend.

Three Peaks for Gaz

Date: 1-2 September 2023

Registration fee: £95

Sponsorship: £750

Why? The friends and family of Gaz Emmerson invite you to join them in taking on the ultimate three peaks challenge!

Northern Lights Winter Trek

Date: 1-5 November 2023

Registration fee: £299

Sponsorship: £3,200

Why? This is a great chance of seeing the spectacular Aurora Borealis (Northern Lights) each evening – the icing on the cake on this memorable challenge!

Mount. Kilimanjaro

Date: Various dates throughout 2023

Registration fee: £499

Sponsorship pledge: £2,600

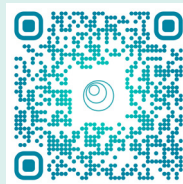
Why? Take on this once in a lifetime trek and climb the highest freestanding mountain in the world. You'll be accompanied by a guide and a doctor and all your transport, accommodation, and camping equipment will be taken care of, so you can relax and enjoy the experience.





Take part

If you're interested in taking part in any of these treks or if you have found your own, we would love to have you on Team Sarcoma, just email fundraising@sarcoma.org.uk or visit our website to apply sarcoma.org.uk/get-involved. Our team are here to support you throughout the challenge!



Cycle

“Nothing you do will ever compare to the feeling of completing a huge challenge for such a worthy cause.”



Land's End to John O'Groats

Date: June 2023/September 2023

Registration fee: £349

Sponsorship pledge: £3,200

Why? You will complete the toughest UK cycle challenge, while witnessing diverse scenery of rugged highlands, lakes and coastal vistas.

London to Paris

Date: June/July/September 2023

Registration fee: £99

Sponsorship pledge: £1,800

Why? Take part in a classic event, and one of the greatest cycle experiences in Europe. Opting for July? You'll be in with a chance of seeing the arrival of Tour de France in Paris too!

RideLondon - Essex 100

Date: 28 May 2023

Sponsorship: £450

Why? A brilliant 100-mile route starting in the capital, going into the Essex countryside and finishing back in central London. Experience the world's greatest festival of cycling with this challenge.



Take part

If you're interested in taking part in any of these rides or if you have found your own, we would love to have you on Team Sarcoma, just email fundraising@sarcoma.org.uk or visit our website to apply sarcoma.org.uk/cycle



Adrenaline

“One of the most amazing experiences I have ever had, made better by the huge amount of support over months prior.”



Skydive

Date: Throughout 2023
Registration fee: £70

Sponsorship: £395-£450, depending on location

Where? All over the UK

Why? Experience an incredible free falling through the clouds from 10,000 with a skydive!

Why not 'Skydive for Sarcoma' during Sarcoma Awareness Month this July?

Inflatable 5K

Date: Throughout 2023

Sponsorship: £150

Why? Climb and bounce your way through this inflatable obstacle course for a great day of fun with friends, family or colleagues. With lengths from 2.5K-15K, there's something for everyone!



Bungee Jump

Date: Throughout 2023

Sponsorship: £150-£350, determined by specific jump type

Where? All over the UK

Why? Get the rush of a lifetime by stepping off a bridge, platform or even skyscraper for the sarcoma community.

Choose between varying bungee lengths or even a bridge drop for a once in a lifetime experience.

Why not 'Bungee for Bone Cancer' during Bone Cancer Awareness Month this October?

Take part

If you're interested in taking part in any of these adrenaline challenges or if you have found your own, we would love to have you on Team Sarcoma! Just email fundraising@sarcoma.org.uk or visit our website to apply sarcoma.org.uk/get-involved. Our team are here to support you throughout the challenge!



Virtual

“With Sarcoma UK it feels like impact of fundraising is more direct, their funding directly impacted people we know.”



Step into Spring

Date: 30 days in Spring

Sponsorship: Whatever you can raise!

Why? Join us and many others to step into spring and dust away those winter blues, you'll get to meet others affected by sarcoma a long the way.

Spring Raffle

Date: March–April 2023

Why? It's your chance to win some fantastic prizes for yourself and your friends and family.

Never Forgotten Walk

Date: Winter 2023

Sponsorship: Whatever you can raise!

Why? Complete 55 miles in 30 days, in memory of those lost to all types of cancer.



Go The Distance

Date: Throughout 2023

Sponsorship: £150

Why? Run, walk or stroll or cycle, once, twice or 5 times a week, you can complete the distance of Mount Kilimanjaro, your way at your pace.

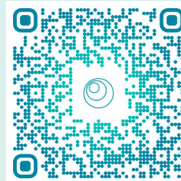
Christmas Raffle

Date: December 2023

Why? Support the sarcoma community during the festive season and be in with a chance to win some incredible prizes from this online raffle.

Take part

Whether you would like to sign up to one of Sarcoma UK's virtual challenges or if you'd like to create your own, get in touch: fundraising@sarcoma.org.uk



Events

"Your good work is invaluable to many."



Glitter Ball

Date: 4 March 2023 - Ticketed event

Where? London Marriott Hotel Grosvenor Square

Why? Enjoy a night full of sparkles and glamour, with a three-course meal and plenty of opportunities for dancing!

Sarcoma UK Awards Ceremony

Date: July 2023 - Ticketed event

Where? London

Why? Help us celebrate the successes of our exceptional supporters, who have raised incredible amounts of money and awareness in support of Sarcoma UK.

A Cup O' Tea & Slice O' Cake for Sarcoma UK

Date: July 2023

Sponsorship: £150

Why? Get your friends and family together during sarcoma awareness month, and catch up over hot drinks and sweet treats.

Sarcoma UK's Christmas Carol Concert

Date: 7 December 2023 - Ticketed Event

Where? St Giles in the Fields, London

Why? Come together with the sarcoma community for a magical evening of Christmas festivities.



Join Team Sarcoma and make your mark on 2023

Our supporters are always at the forefront of our work; we mean it when we say we really couldn't do it without you. Together we can change the lives of everyone affected by sarcoma.



To find out more:

fundraising@sarcoma.org.uk
020 7856 0445
sarcoma.org.uk/get-involved

For general information and support:

Free Sarcoma UK Support Line:
0808 801 0401
Text: 07860 058830
info@sarcoma.org.uk

sarcoma.org.uk



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