



Make your moment

#InTheMoment

Young
Epilepsy

Choose your next adventure...

Here we have handpicked some of the strangest, bravest, and most beautiful challenge events you can do.

Whether your sport is running, walking or swimming, there are events available across the UK and the world ready to push you to your limits.

Our supporters have achieved things they never thought possible, including 100 mile runs in France and treks over 24 peaks in the Lake District.

But bigger than the physical challenge is the sponsorship they raised before. With their help, and yours, we can help more young people live seizure free!

Trek to the Lost City

If you are interested in these (or any other) events, please contact our team to find out how to sign up.

01342 831245 | events@youngepilepsy.org.uk

Minimum sponsorship

For some events, the organisers will invoice the charity for the cost of your place. In these cases, we ask you to raise a **minimum sponsorship**, ensuring the cost of your place is covered.

If a minimum amount is not suggested, the amount you raise is up to you!

Geneva to Nice

Up the pace

Take your running one step further with this selection of unique marathons and novelty runs;

Centurion | South East | 50 or 100 miles | **April**

Spartan Run | South East | 5km, 12km, or 20km | **October**

Color Run | London | 5km | **July**

Silverstone 10km | East Midlands | **May**

Machen Mountain Run | Cardiff | 5 miles | **August**

 **DisneyLand Paris Magic Run** | 5km, 10km, or 13 miles | **Sep.**

 **Marathon du Medoc** | **September**

 **Great Wall Marathon** | **May**

 **Big Sur International marathon** | **April**

Virtual runs - *run anytime, anywhere*

Race to the Deep 10k | 100k Challenge

Run the Solar System | Sunrise City 5k and 10k



 **Young Epilepsy**

Go above and beyond

Defy gravity with these thrilling airborne adventures;

Powerfan jump | South Yorkshire | **£100** | every month

160ft bungee jump | Manchester | **£140** | every month

160ft bungee jump | London | **£160** | every month

Wing Walk | Essex | **£1000** | April - October

Triple Whammy | South Yorkshire | **£120** | every month
zip wire, abseil & powerfan

The Awesome Foursome | South Yorkshire | **£200** | every month
zip wire, abseil, powerfan & bungee

13,000ft skydive | Midlands | **£400** | any date of your choice

10,000ft skydive | Salisbury | **£395** | September

Aerobatics | West Sussex | any date of your choice

Gyrocopter | Kent | any date of your choice



Take it up a gear

Break the cycle of standard racing with new routes and new experiences;

Orro Sussex Downs Classic | 30, 78 or 102 miles | September

Land's End to John O'Groats | 1000 miles | **£2900** | August

Chiltern 100 cycling festival | 32, 67, or 100 miles | August

Steeple Chase | East Midlands | 311 miles | **£1750** | August

Fred Whitton challenge | 102 miles | May

Fell Beast | 37, 69, or 101 miles | September

Wales End to End | 258 miles | **£1200** | August

London to Paris | 311 miles | **£1500** | June or September

 Geneva to Nice | 241 miles | **£1900** | September

 Stelvio Santini | 94 miles | May

 Yosemite to San Fran. | 266 miles | **£5150** | Sep.

 Lusaka to Victoria falls | 300 miles | **£4050** | Sep.

 Road to Mandalay | 224 miles | **£4200** | October



Go against the current

Brave the elements in these icy and aquatic challenges;

Conquer the Chilterns | 1.5k or 3k | swim | September

Cotswolds marathon swim | 1.5k, 3.8k, 5k or 10k | August

Swim the Channel | 32k approx. | July - September

Thames marathon | 14k | swim | August

Woburn Abbey triathlon | Olympic, sprint or super sprint | September

South Coast triathlon | Olympic, sprint or super sprint | July

London triathlon | Olympic, sprint or super sprint | July

The Big Bala Swim | 1.5k, 4.5k or 9k | June

3 Lakes challenge | Peak District | kayak | April to September

 Zambezi river challenge | 10 days | kayak | £5100 | Oct.

 Jungle survivor | 9 days | kayak | £5100 | May

 Trek and kayak challenge | 11 days | £5100 | May

 Lapland Husky trail | 8 days | £4500 | April

 Iceland glacier trek | 9 days | £5000 | February



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Take it to the extremes

Conquer a challenge designed to test your limits;

TrekFest: the Beacons | 2 days | **£130** | July

Jurassic Coast weekend | 3 days | **£600** | September

24 peaks challenge | 2 days | **£720** | September

 Pyrenees freedom trail | 7 days | **£2500** | July

 Coast to coast rainforest trek | 12 days | **£4500** | November

 Trek the Rockies | 9 days | **£4500** | September

 Trek to the Lost City | 10 days | **£4500** | March or November

 Transylvania wilderness trek | 5 days | **£4500** | September

 Saharan mini adventure | 5 days | **£1850** | October

 Kerala trek | 10 days | **£4000** | November

 Everest Base Camp | 19 days | **£4900** | November

 Kilimanjaro summit | 10 days | **£4500** | September

 Inca trail | 10 days | **£3900** | October

 Great Wall trek | 10 days | **£3200** | September



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