CYCLE, RUN, TREK OR SWIM
TOWARDS VICTORY OVER HEART DISEASE
BHF CHALLENGE EVENTS 2015
bhf.org.uk/events
FIGHT FOR EVERY HEARTBEAT
Walk fast, run hard or swim against the tide. It doesn’t matter how you push yourself, because when it comes to fighting heart disease, every challenge counts. So sign up to do something amazing – something you can be truly proud of.

We have a huge range of events to choose from. So whether you’re an experienced cyclist, runner, walker or total beginner – there’s something to challenge you. We’re here to help you get fit and reach your goals, while at the same time raising money to help beat heart disease. Every mile you achieve will power vital research. We know you can do this. So pick your event and let’s get started.

See you at the start line.
London to Brighton Bike Rides

**London to Brighton Bike Ride**
21 June 54 miles

**London to Brighton Night Ride**
11 - 12 July 60 miles

**London to Brighton Off Road Bike Ride**
26 September 75 miles

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**On Road**

- **London to Reading**
  - 29 March 40 miles
- **Dorset**
  - 26 April 25, 50 or 66 miles
- **Cotswolds**
  - 17 May 30 or 50 miles
- **Norwich**
  - 31 May 25, 50 or 100 miles
- **London to Brighton Bike Ride**
  - 21 June 54 miles
- **Peterborough**
  - 5 July 3.5, 10, 25 or 50 miles
- **South Wales**
  - 5 July 12, 28 or 46 miles
- **Goodwood**
  - 5 July Laps of 2.4 miles
- **Hampshire Harbours**
  - 12 July 30 or 60 miles
- **Heart of England**
  - 19 July 13, 19 or 31 miles
- **London to Southend**
  - 19 July 52 miles
- **Ride London**
  - 2 August 100 miles
- **Loch Ness**
  - 15 August 50 or 70 miles
- **Ride 24 Newcastle**
  - 22 - 23 August 300 miles

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**It’s as easy as riding a bike. Isn’t that what they say? But throw in a hill or two, a whole lot of mud and buckets of sweat and it’ll feel a bit more challenging. You can off road it, ride by night or pick the scenic route. It’s your challenge. And it’s your chance to fight for every heartbeat – all the way to the finish line.**

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**40th Anniversary**

Our legendary London to Brighton Bike Ride turns 40 in 2015. Take on the iconic route in our celebratory milestone year.

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**London to Reading**

- 29 March 40 miles

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**Pedal push sprint fast climb hard brakes off cycle pump gears up belts ring sweat on legs burn**

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**BHF.ORG.UK/L2B**

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**BHF.ORG.UK/CYCLE**
Off Road

- **SOUTH DOWNS WAY**
  18 July 35 or 100 miles
- **LONDON TO SOUTHEND OFF ROAD**
  23 August 40 miles
- **LONDON TO EASTBOURNE**
  12 September 55 miles
- **LONDON TO BRIGHTON OFF ROAD BIKE RIDE**
  26 September 75 miles
- **LONDON TO MILTON KEYNES**
  10 October 35 miles

**OVERSEAS**

- **LONDON TO PARIS OFF ROAD**
  6 - 8 June
- **LONDON TO PARIS TOUR DE FRANCE**
  22 - 26 July
- **ICELAND BIKE RIDE**
  22 - 26 July

**Night Ride**

- **LONDON TO BRIGHTON NIGHT RIDE**
  11 - 12 July 60 miles
- **MANCHESTER TO BLACKPOOL NIGHT RIDE**
  26 - 27 September 52 miles

Tesco is the proud partner of BHF Cycling Events and we’re working together to inspire healthier lifestyles, through regular physical activity and healthy eating. What better way than to jump on your bike, take part in a BHF ride and raise money that powers life saving research?

“Tesco is delighted to be sponsoring the BHF’s Cycling Events and we look forward to seeing you on a ride soon.”

Greg Sage, Community Director at Tesco.

BHF.ORG.UK/CYCLE

Jessica Rudd, Committed Heart Rider and fundraiser.

“Heart disease took my dad. He was fit and healthy, it was sudden. It wasn’t his time to go.

I've joined the Heart Riders and I'm raising money to help stop other families from being torn apart.”
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td><strong>5km and 10km</strong></td>
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<tr>
<td>KNEBWORTH PARK</td>
<td>15 February</td>
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<tr>
<td>BRANDS HATCH</td>
<td>1 March</td>
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<tr>
<td>REGENT’S PARK</td>
<td>14 March</td>
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<td>BOURNEMOUTH BAY</td>
<td>12 April</td>
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<td>TOWER OF LONDON</td>
<td>6 May</td>
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<td>GREAT MANCHESTER RUN</td>
<td>10 May</td>
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<td>BUPA LONDON 10K</td>
<td>25 May</td>
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<td>CANARY WHARF JOG</td>
<td>17 June</td>
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<td>CRAIGAVON LAKES</td>
<td>June</td>
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<td>VICTORIA PARK</td>
<td>2 August</td>
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<td>GREENWICH PARK</td>
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<td>HYDE PARK</td>
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<td><strong>10 miles</strong></td>
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<td>GREAT SOUTH RUN</td>
<td>25 October</td>
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<td>WARWICK</td>
<td>22 March</td>
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<td><strong>Half Marathons</strong></td>
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<td>HAREWOOD HOUSE</td>
<td>8 February</td>
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<td>BRANDS HATCH</td>
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<td>ADIDAS SILVERSTONE</td>
<td>15 March</td>
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<td>VITALITY NORTH LONDON</td>
<td>15 March</td>
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<td>LONGLEAT</td>
<td>15 March</td>
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<td>VITALITY READING</td>
<td>22 March</td>
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<td><strong>Ready for Anything</strong></td>
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<td>KEEPER WARM</td>
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<td>JOG ALONG KEEP IT UP</td>
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<td>LUNGS OPEN KEEP IT UP</td>
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<tr>
<td>RUN FASTER HIT THE WALL</td>
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<tr>
<td>CRASH OUT PUSH ON</td>
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For training plans to help you get to the finish line in tip-top condition, visit: BHF.ORG.UK/TRAINING
My son Henry has a rare genetic condition which can cause serious heart problems. At 9 months old he became very ill and we were told he had a 2% chance of survival. But he’s a fighter and at 3 years old is progressing well. I take part so the BHF can continue to fund research into heart conditions like Henry’s.

Melissa Hart
Mother, fundraiser
Anyone who says walking is easy can take a hike. Challenge yourself to join a trek and you’ll do more than just meander. You’ll see incredible sights and push yourself to the limit and beyond. Every step is part of the fight against heart disease – so make the most of each one, knowing you’re doing something incredible.

**UK**

- **HADRIAN’S WALL HIKE**
  - 26 April
  - 9 miles

- **GLASGOW TO EDINBURGH TREK**
  - 20 – 21 June
  - 100 km

- **LONDON TO BRIGHTON TREK**
  - 27 – 28 June
  - 100 km

- **SUNSET TO SUNRISE**
  - June & July
  - Ben Nevis, Pembrokeshire, & South Downs

- **YORKSHIRE THREE PEAKS CHALLENGE**
  - 11 July

- **24 PEAKS IN 24 HOURS**
  - September
  - England, Scotland & Wales

- **HIGH PEAK WINTER HIKE**
  - 15 November
  - 17 miles

**Overseas**

- **PERU INCA TRAIL**
  - 14 – 23 May

- **KILIMANJARO**
  - 3 – 13 September

- **MOROCCO**
  - 23 – 27 September

- **PERU MACHU PICCHU**
  - 2 – 11 October

- **BURMA**
  - 9 – 18 October

- **GREAT WALL OF CHINA**
  - 17 – 25 October

- **BORNEO**
  - 31 October – 9 November

- **UGANDA**
  - 28 January – 6 February 2016

The question is, how far will you go to help fight heart disease? Choose an overseas trek and you won’t just be fighting for every heartbeat, you’ll also be collecting stories, pictures and incredible memories. There’s a reason we call this a challenge of a lifetime, because it’s a completely unique experience. So don’t miss out.

**OVERSEAS WOW VIEWS**

- ADVENTURE
- STEEP HIKE
- CLIMB IT
- TREK
- UPHILL
- DOWNHILL
- WALK ON
- REST STOP
- STRIDE OUT

**FIGHT FOR EVERY PENNY**

We’ve got plenty of fundraising ideas to help you – no sweat. BHF.ORG.UK/FUNDRAISINGTIPS
It’s just like a day out by the seaside. Only with a little more elbow grease and bags of determination. Choose to swim for the BHF and you’ll push yourself to the limit – and against the tide. So dive into Europe’s biggest charity sea swim and with every splash, you’ll be helping to fight heart disease.

BOURNEMOUTH PIER TO PIER SWIM
12 July 1.4 miles

CHASE THE PUDDING RUNS
Various locations and dates throughout December

JUNIOR GOLF CHAMPIONSHIP
East Midlands and North of England

READY TO TAKE ON YOUR CHALLENGE?
The sooner you sign up, the sooner you can start preparing for your challenge. Whatever you choose to do, you’ll be helping to fight heart disease – keeping more loved ones together for longer.

Join a heart team now
BHF.ORG.UK/EVENTS

Contact our team for more information
By phone: 0845 130 8663
By email: events@bhf.org.uk

BHF.ORG.UK/SWIM

KICKING OUT BREATHE IN HEAD UNDER SPLASH OUT SWIM HAT GOGGLES ON FRONT CRAWL DIVING IN TIDE TURNS

HEART BEAT MORE LACED UP HIGH SKIES

HEART FLYERS FREE TANDEM SKYDIVE
Various locations and dates

BHF.ORG.UK/SKYDIVE

BHF.ORG.UK/EVENTS
CHOOSE YOUR CHALLENGE.
JOIN A HEART TEAM.
POWER RESEARCH AGAINST HEART DISEASE.

FIGHT FOR EVERY HEARTBEAT
bhf.org.uk/events