

Looking for a Challenge?

Every hour of every day, 3 people are diagnosed with **Rheumatoid Arthritis**. Every day 3 children and young people are diagnosed with **Juvenile Idiopathic Arthritis**.

Challenge yourself. Take part in one of the many events we have on offer and you will be making a difference and changing the lives of those living with either disease.



nras
National Rheumatoid
Arthritis Society

WWW.NRAS.ORG.UK

CHALLENGE EVENTS 2017



Runs

Brighton Marathon	Brighton	9 th April
London Marathon	London	23 rd April
Great Manchester 1/2 Marathon	Manchester	28 th May
Vitality London 10,000	London	29 th May
Great North Run	Newcastle	10 th September
Berlin Marathon	Berlin	24 th September
Royal Parks 1/2 Marathon	London	8 th October
Tough Mudder	Various Locations	Throughout 2017
Ultim8warrior for children	Various Locations	Throughout 2017



Cycle Rides

RideLondon 100	London/Surrey	30 th July
Land's End to John O'Groats	UK	29 th August-10 th September
London to Paris	England/France	19 th -23 rd July



Overseas Treks

Kilimanjaro	Tanzania	21 st September-1 st October
Sahara	Morocco	2 nd -7 th November
Vietnam Hill Tribe Trek	Vietnam	7 th -16 th October



UK Challenges

UK Survival Challenge	Devon	12 th -14 th May
Ultra Series	Various locations (includes South Coast, Thames Path, Isle of Wight, London 2 Brighton & Cotswold Way).	
Adrenalin Rush	Whether you take the challenge of the longest zip line in Europe, wing walking, bungee jumping or a skydive adrenalin rush is for you. You choose the date.	
NRAS Tea Party	You choose the date and location	
Wear Purple for JIA	Various locations	9 th June

Can't find your challenge? Why not choose your own?

Email fundraising@nras.org.uk or call 01628 501 547 to book your challenge



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