Your Trust Charity

making everyone matter

Sandwell & West Birmingham Hospitals NHS Trust Charity
Registered Charity No: 1056127

Events Calendar 2018

APRIL

IRONMAN 70.3 Florida
Lake Eva Park, Haines City, Florida
SOLD OUT
8

Virgin Money London Marathon 2018
SOLD OUT
22

SEPTEMBER

Velo
100 mile journey on completely closed roads across Vélo B'ham, Sandwell, Dudley, Staffordshire and Worcestershire .
10 places
TBC

BMW Berlin Marathon
The Berlin Marathon is a major running and sporting event held annually in Berlin, Germany. The official marathon distance of 42.195 kilometers is set up as a citywide road race.
6 places
16

MAY

Great Birmingham 10k Run
25 places
6

Inflatable 5k Obstacle Run
Wolverhampton we are back. The UK's best Inflatable Assault course has got even bigger, bouncier and more insane. We have added **crazy NEW obstacles** to make the most fun and extreme inflatable obstacle event ever created.
12

Book directly at
https://www.ukrunningevents.co.uk/inflatable-5k-run

Tough Mudder Half or Full
12 19 20

Tough Mudder Half isn't a race. It's a challenge. It's 5 miles of mud and obstacles specifically designed to test your teamwork and toughness. And most of all, it's FUN. With the help of your fellow Mudders, you'll overcome mud-drenched obstacles and adrenaline-pumping challenges. And you'll do it all while having the most fun you've had in recent memory.

Why it Rocks:
- 5 miles, 13 obstacles
- Best-rated teamwork obstacles
- No ice, no electricity
- A unique, FUN experience for you and your crew

Book directly at:
https://toughmudder.co.uk/events/what-is-tough-mudder-half

ON REQUEST

Skydive
Do something daring for patients and join the hospital charity's tandem jump! A deposit gets you a place on one of our jumps, and we ask you to raise a minimum of £300 in sponsorship. The maximum weight limit is 15 stone (95kg).

If you would like more information or would like to register for any of the events or wish to take part in any other events please contact us:
amanda.winwood@nhs.net or **0121 507 4847**