

Challenge Events 2019

Challenge yourself
this year!

break
Changing
young lives



At Break, we make life better for vulnerable young people.

We believe every child and young person needs a home where they feel safe and loved, so they can grow in confidence and look to the future with hope.

That's why we work tirelessly to help young people in and moving on from care, children with disabilities, and families who need support, finding a way through difficult times and opening the door to brighter tomorrows.

Getting involved

Increased fitness levels, supporting a local children's charity, or a once in a life time experience with friends whatever your motivation might be, this is the year to tick something off that bucket list.

Fundraising with a challenge event is an amazing way to support vulnerable young people and also provides you with the motivation to stay on track with your training. We will give you the full support to raise the amount you have in mind.

We have lots of challenges taking place over 2019, but if you had something else in mind we would love to hear from you.

For more information on any of the events please contact us on:
events@break-charity.org

#ChangingYoungLives

Hunny Bell Cross Country

Sunday 10 March 2019

We are delighted to confirm that for the thirteenth year in a row, we will be hosting the Hunny Bell Cross Country Run. This run around the Stody Estate is one of the best events of its kind in Norfolk, attracting over 500 runners each year.

Vitality Big Half

Sunday 10 March 2019

We also have 5 free spaces for the sold out Vitality Big Half in London featuring some of the world's best distance runners!

Lowestoft Half Marathon

Sunday 6 October 2019

Pledge to raise £50 for Break and take part in the most easterly half marathon in the UK, starting along the coast wall. Now in its 4th year this popular race normally sells out quickly so contact Helen if you are interested in a place.

Virgin London Marathon

April 2020

Break have a limited number of places in next year's London marathon. A race like no other with atmosphere second to none. We ask you to pledge to raise a minimum of £2,000 but offer you lots of support to reach this amount.

Running Challenges

Walk 1000 Miles Throughout 2019

Join the thousands of people already taking part in this fun and flexible virtual challenge. It's just 2.74 miles a day. You don't need to change your life; you do need to stick at it; you will feel an amazing difference and can link in with an amazing community of people online also completing the challenge over the course of a year, giving yourself 12 months from the date you start.

Yorkshire 3 Peaks

July 2019

The Yorkshire Three Peaks Challenge takes on peaks of Pen-y-ghent, Whernside and Ingleborough, all around 700 metres, in under 12 hours. These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble, in the Yorkshire Dales National Park.

Trek Mount Toubkal

5 Days - September 2019

The challenge is to climb the highest mountain in North Africa: Mount Toubkal, at 4167m. At the summit there are magnificent views reaching across to the Sahara Desert; however the ascent is tough, steep and rocky, and the effects of being at altitude add to the challenge.

Minimum fundraising target for this challenge is £1,500. If you are interested this challenge please email helen.dingle@break-charity.org

Walking Challenges

Round Norfolk Epic

Saturday 15 & Sunday 16 June 2019

Starting and finishing at Great Yarmouth Racecourse – cycle 200 miles in one day! With a two day option also available. The route heads south before swinging south westerly towards Beccles. You will be heading west, bouncing along the southern border of Norfolk to King's Lynn. From there you will be on the coast road riding past the beautiful coast line of North Norfolk and heading back to the finish at Great Yarmouth.

The Norfolk Sportive

Sunday 11 August 2019

Routes from 5 – 150 miles! The route has been designed to show you the best of what South Norfolk has to offer. With a focal point at New Buckenham where you will find our premium feed-zone and a chance to rest the legs before the next section.

Black Shuck Sportive

Saturday 28 September 2019

This twilight event challenges you to see how many 30 mile loops you dare to take on. A great event in the Norfolk cycling calendar.

Spring & Autumn Classics

Sunday 12 May 2019 & Sunday 20 October 2019

With distances from 5 – 100 miles the route is suitable for families and has been chosen to be free flowing and take in some beautiful countryside around the village of Swanton Morley.

Pledge to fundraise for Break and sign up for FREE to one of these scenic cycle sportives this summer.

Cycling Challenges

Swim50 Challenge

March 2019

Get your 2019 off to a great start and set yourself the challenge of swimming 50 lengths of a pool in one day. Registration is just £15 which includes a medal but if you pledge to fundraise a further £50 you will receive a free t-shirt.

East Coast Triathlon

Saturday 27 & Sunday 28 April 2019

New to triathlons? This one is perfect for you. Held at the Marina Centre in Great Yarmouth, the race consists of a pool based 250m swim, followed by 15km on the bike and a 3km run.

Open Water Swim Challenge

Throughout 2019

Are you keen to try open water swimming but need an incentive to get started? Raise £50 for Break and you could try open water swimming in Fritton Lake. Wet suit hire included!

Triathlons and Swimming Challenges



Adrenaline Challenges

Firewalk 2019

Wednesday 27 March 2019

The perfect team building event held at the Bird in Hand, Wreningham. Undergo two hours of motivational training from B.L.A.Z.E. to get you ready for the walk of a lifetime. Only £10 per person when you raise £50 of sponsorship.

Sky Dive from 13,000 Feet!

Throughout 2019

Break through the skies with us this year! You will tandem skydive from two miles high. Securely harnessed to your tandem instructor, you will be in free fall for 50 seconds at speeds in excess of 120 mph.

Corporate Boxing

Throughout 2019

Corporate Boxing is where men and women from the white-collar professions train for 12 weeks like a real boxer to box on different Corporate Boxing events throughout the year. Nothing compares to the adrenaline of fighting like a real boxer in front of a crowd cheering your name.



My Break 50



Choose your challenge and take it on at your own pace, in your own time!

Throughout 2019 we will have a challenge for each season giving you the chance to get your very own My Break 50 medal.

Registration is just £15 which includes a medal but if you pledge to fundraise a further £50 you will receive a free t-shirt!

Swim50 - March

Run50 - May

Cycle50 - July

Walk50 - September



The Changing Young Lives Lottery

Only £5 per month!

How does it work?

The Changing Young Lives Lottery was launched to celebrate Break's 50th anniversary.

The draw will take place every month, and each £5 ticket gives you the chance of winning the cash prize (you can get up to 10 tickets a month!)

Every month we guarantee one of our Break supporters will win!

Full terms and conditions are available on our website at www.break-charity.org

For more information please contact events@break-charity.org

The more people who play,
the more there is to win
and the more young lives
we can change

break-charity.org



 Break Charity

 @break_charity

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