



# EMMS CHALLENGERS

2019

## Choose your challenge

Take a look at our running, adrenaline, cycling, trekking, and other challenge suggestions for some inspiration.

Remember, you must register for your challenge with the relevant organiser and pay any registration fee or cost involved.

### RUNNING

Event	Date	Website
Edinburgh Marathon (full, half, relay)	25/26 May 2019	<a href="http://www.edinburghmarathon.com/">www.edinburghmarathon.com/</a>
Skye Half Marathon	8 June 2019	<a href="http://www.skyehalfmarathon.com/">www.skyehalfmarathon.com/</a>
Great Scottish run	28/29 Sept 2019	<a href="http://www.greatscottishrun.com/">www.greatscottishrun.com/</a>
Great Birmingham run	TBC	<a href="http://www.greatrun.org/great-birmingham-run">www.greatrun.org/great-birmingham-run</a>
Great Manchester run	TBC	<a href="http://www.greatrun.org/great-manchester-run">www.greatrun.org/great-manchester-run</a>
Belfast City Marathon	TBC	<a href="http://www.belfastcitymarathon.com/">www.belfastcitymarathon.com/</a>
Cardiff Half Marathon	TBC	<a href="http://www.cardiffhalfmarathon.co.uk/">www.cardiffhalfmarathon.co.uk/</a>
Brighton Marathon	14 April 2019	<a href="http://www.brightonmarathonweekend.co.uk/">www.brightonmarathonweekend.co.uk/</a>
Glen Coe Marathon	TBC	<a href="http://www.glencoemarathon.co.uk/">www.glencoemarathon.co.uk/</a>
Loch Ness Marathon	6 Oct 2019	<a href="http://www.lochnessmarathon.com/">www.lochnessmarathon.com/</a>

### ADRENALINE

Event	Date	Website
Abseil	Various Dates	Various Locations
Skydive	Various Dates	Various Locations
Bungee Jump	Various Dates	Various Locations
Swim with sharks at Deep Sea World	Various Dates	<a href="https://www.deepseaworld.com/shark-dives/">https://www.deepseaworld.com/shark-dives/</a>

## CYCLING

Event	Date	Website
The 5 Ferry Challenge	Anytime	<a href="http://www.5ferrychallenge.com/">www.5ferrychallenge.com/</a>
London to Paris Cycle	Various dates	<a href="http://www.globaladventurechallenges.com">www.globaladventurechallenges.com</a>
Black Isle Bike Ride	TBC	EMMS Event
Tour of the Borders	1 Sept 2019	<a href="http://www.tourotheborders.com/">www.tourotheborders.com/</a>
Pedal for Scotland	8 Sept 2019	<a href="http://www.cycling.scot/pedal-for-scotland">www.cycling.scot/pedal-for-scotland</a>
London to Brighton cycle	15 Sept 2019	<a href="http://www.londonbrightoncycle.co.uk/">www.londonbrightoncycle.co.uk/</a>
North Coast 500	Anytime	<a href="http://www.northcoast500.com/itinerary/cycling/">www.northcoast500.com/itinerary/cycling/</a>
Audax Challenge	Anytime	<a href="http://www.aukweb.net/">www.aukweb.net/</a>

## TREKKING

Event	Date	Website
Climb Ben Nevis	Anytime	<a href="http://www.ben-nevis.com/">www.ben-nevis.com/</a>
Lochalsh Dirty 30/ Dirty dozen	8 June 2019	<a href="http://www.lochalsh-trails.co.uk/">www.lochalsh-trails.co.uk/</a>
Jurassic Coast Challenge	8/9 June 2019	<a href="http://www.jurassiccoastchallenge.com/">www.jurassiccoastchallenge.com/</a>
The West Highland Way	Anytime	<a href="http://www.westhighlandway.org/">www.westhighlandway.org/</a>
The 3 Peaks Challenge	Various Dates	<a href="http://www.threepeakschallenge.uk/">www.threepeakschallenge.uk/</a>

## OTHER

Event	Date	Website
Arranman Triathlon	TBC	
Isle of Bute Triathlon	TBC	<a href="http://www.triathlonscotland.org/event/isle-of-bute-triathlon-2018/">www.triathlonscotland.org/event/isle-of-bute-triathlon-2018/</a>
Cardiff Triathlon	22/23 June 2019	<a href="http://www.alwaysaimhighevents.com">www.alwaysaimhighevents.com</a>
Great Scottish Swim	August 2019	<a href="http://www.greatrun.org/great-swim/great-scottish-swim">www.greatrun.org/great-swim/great-scottish-swim</a>
Tough Mudder	Various Dates	<a href="http://www.toughmudder.co.uk/">www.toughmudder.co.uk/</a>
Rough Runner	Various Dates	<a href="http://www.roughrunner.com/">www.roughrunner.com/</a>
The Mighty Deerstalker	16 March 2019	<a href="http://www.mightydeerstalker.co.uk/">www.mightydeerstalker.co.uk/</a>
Dry January/Sober October	January/October	
Live on £1 a day for 5 days	Anytime	
Rice and bean challenge	A week or month anytime	