

Running challenges



EVERYMAN
STAMP OUT MALE CANCER

Run for a future free from cancer

Whether you're a first time runner or you fancy your chances as the next Paula Radcliffe, there's a running event out there to suit you. To join Everyman's running team you can either secure your own place in an event or apply for an event that we already hold places in.

Securing your own place

There are hundreds of running events taking place throughout the year across the UK and abroad. If you manage to secure your own place in an event let us know so that we can support you with your fundraising. We will also send you a Runners Welcome Pack, which is full of useful fundraising and training advice as well as your FREE Everyman running vest.

If you need help with finding a running event near you, then get in touch and we will point you in the right direction.

Apply for one of our places

Everyman also holds guaranteed places in several major events listed here. All events are subject to an application process and minimum sponsorship levels.

As a member of the Everyman Running Team you will receive the dedicated support of our events team from registration to beyond the finish, and we will also provide you with your own FREE Everyman running vest to wear on the big day!

The Virgin London Marathon

The Virgin London Marathon is one of the biggest fundraising events in the world and places to run in it are therefore highly sought after. The public ballot opens on the day after the marathon for places in the following year's event. In addition, Everyman holds a limited number of guaranteed places in the event with a minimum sponsorship level of £1,800.

REMINDER!

March: Reading Half Marathon

April: London Marathon

May: Edinburgh Marathon, Half Marathon & Hairy Haggis Relay

June: Keep Your Eye On The Ball 5K & 10k

Sept: Berlin Marathon

Sept: Great North Run

Oct: Royal Parks Half Marathon

Nov: New York Marathon

Edinburgh Marathon, Half Marathon and Hairy Haggis Relay

Run through one of the most historical cities in the world with the Everyman team in Edinburgh. The Edinburgh Marathon offers runners the ultimate personal challenge over a spectacularly scenic route. With the option to take on either the full marathon, half marathon, or recruit a four member team to join you in the Hairy Haggis Relay the event really is open to everyone. A minimum sponsorship level of £700 per individual or team entry applies and half marathon runners only need to raise £350.

Keep Your Eye On The Ball 5K & 10K

These unique 5K & 10K runs for men are organised in partnership with The Football Association and The Professional Footballers Association. Taking place in Victoria Park London, and Rother Valley Country Park, Sheffield, runners also have the opportunity

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to enter the run on behalf of their favourite football team. Similar to The FA Cup, supporters of lower division teams are pitted against the top Premiership clubs in the battle to see who is fastest over 5K & 10K. At the end of the race, prizes are awarded to the top individuals and the fastest average club represented.

real,-BERLIN-Marathon

Whether you're a first-timer or a seasoned marathon runner then the Berlin Marathon is just the ticket, as it's an extremely flat and fast course making it ideal for a quick time or personal best. Starting and finishing near the Brandenburg Gate, the Berlin Marathon attracts a field of more than 40,000 athletes and 1 million spectators. The minimum sponsorship level to apply for a place is £1,000.

BUPA Great North Run

Join elite runners and beginners galore for the biggest half marathon in the world. Starting out in Newcastle and finishing in South Shields this exciting point to point course attracts a field of over 40,000 runners every year. Everyman holds a number of guaranteed places in this event which are subject to a registration fee of £50 and a minimum sponsorship level of £300.

Royal Parks Half Marathon

Starting and finishing in London's prestigious Hyde Park, this fantastic half marathon is a great addition to Everyman's running calendar. If you feel that perhaps the London Marathon is a step too far then you can half the challenge and even boast that you have run part of the Olympic 2012 marathon route. Everyman holds a number of guaranteed places in the run which are subject to a registration fee of £50 and a minimum sponsorship of £450.

Reading Half Marathon

This half marathon is a fantastic, flat course making it ideal for a personal best time, or, if you're a first timer, it's a great way to start your half marathon challenge. And if that wasn't enough, you'll also finish in the magnificent Madjeski Stadium - you'll feel like a superstar! To secure your place in the Reading Half Marathon there is a registration fee of £35 and a minimum sponsorship of £350.

ING New York City Marathon

This unforgettable marathon covers five bridges, five boroughs and has two million spectators lining the course. It is a must-run event for anyone who wants to experience the best a marathon can offer. There's no minimum sponsorship and we offer a reimbursement scheme on your flights and accommodation as a thank you.

If you are interested in participating in any of the events above or require further information please call our Events Team on 0800 731 9468 or email: sports@icr.ac.uk