

PSP ASSOCIATION Fundraising in Ireland and Northern Ireland



Dublin Marathon

When: 25 October 2010

Registration fee: 70 - 90E

Run through the historic Georgian Streets of Dublin, in a race known affectionately as the “friendly-marathon”! With thousands of spectators lining the streets, this route is largely flat and fast, starting in Fitzwilliam Square East and continuing through Phoenix Park to finish at Merrion Square West. For more details and to register visit www.dublinmarathon.ie



Lisburn Half Marathon, 10Km and Fun Run

When: 16 June 2010

Entry fee: Half: £17, 10K: £14, Fun Run: £7

Join us in Lisburn where there is a race for all ages and abilities! Choose from one of three distances, all starting and ending at the Lagan Valley LeisurePlex. For more details and to register visit www.lisburnhalfmarathon.com

The Waterside Half Marathon, Londonderry

When: 12 September 2010

Taking place from the Gransha Grounds, this event caters for runners, joggers, wheelchair participants and walkers of all abilities. For more details visit www.derrycity.gov.uk/halfmarathon



The Flora Women's Mini Marathon (10km)

When: 7 June

Join 41,000 women to pound the streets of Dublin for the biggest ladies event of its kind in the world. Women of all ages represent every county and every walk of life as they race through the streets of the capital. The event also offers regular Meet and Train Groups in the run up to the race, so that women can find running partners and feel comfortable training for the event. For more details and to register visit: www.FloraWomensMiniMarathon.ie



Cork City Marathon

When: 7 March 2010

Entry fee: 10km: £9, Fun Run: £2.50

The Cork City marathon is a fantastic race, with some route alterations in 2010 to make it a flatter course. Trying to cover all sides of the city, highlights of the route include racing through the Jack Lynch tunnel and crossing St Patrick's Bridge to the finish. For more information visit www.corkcitymarathon.ie

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Walk the Giants Causeway

When: Whenever suits you!

Take a trip to northern tip of Northern Ireland to experience the fabulous UNESCO World Heritage site on your doorstep! The Giants Causeway has a number of challenging routes, so you can make things as easy (or as difficult) as you like! Take a tour or go D-I-Y and walk at a pace that suits you - for advice on routes and tour packages visit www.giantscausewayofficialguide.com



Pedal for PSP!

When: Whenever suits you!

Ireland has many cycle routes across the country, and with the creation of new 'cycle hubs' in most large towns and cities they are becoming easier to follow. One excellent example is the Ballyshannon Cycle route, which takes you past Assaroe Lake and along the River Erne. You can sign up with one of the many tour groups or find a route at www.discoverireland.ie selecting the "things to do and see" tab.



Lisburn Triathlon and Aquathon

When: 1 August 2010

Join us for a 750m Swim, 20K Cycle and 5K Run based at Lagan Valley Leisure Plex. You can also keep your youngsters entertained by signing them up for the Aquathon, consisting of a 200m Swim and 1,200m Run, open to all children aged 10 to 15 year olds. For more information or to register for either event please visit www.sportslisburn.com/events/

Once you have registered for any of these events we will send you sponsor forms, running vests, and lots of useful hints and tips to make sure your event is a success.

Parachute Jump

Where: Coleraine

When: Whenever suits you!

Registration fee: £70

Sponsorship Target: £395

Freefall at over 120mph with one of our 10,000 feet tandem skydives – and if you raise the minimum sponsorship money you get to jump for FREE!



If you want to sign up for an event, simply contact us on 01327 322419 or email events@pspeur.org and we will provide you with all the support you need to make the most out of your fundraising. For more information on supporting The PSP Association, or to see a selection of events that we organise please visit www.pspeur.org/get_involved/