

# PSP ASSOCIATION FUNDRAISING in South West England



## Bristol Half Marathon

**When: 5 September**

**Registration Fee: £31**

Join 20,000 runners to take part in the Bristol Half Marathon, a scenic sea-level road race that is a great way to beat your personal best running time! The race takes runners around the old city and under Brunel's famous Clifton Suspension Bridge, until finally finishing in Bristol's historic Harbourside. For more details visit [www.bristolhalfmarathon.com](http://www.bristolhalfmarathon.com)



## Bristol 10Km

**When: 9 May 2010**

**Entry Fee: £24**

If you still fancy pounding the streets of Bristol but find a half marathon too ambitious then why not sign up for the Bristol 10K?! This run follows the beautiful Avon Gorge to the Cumberland Road, and at a manageable 10km it is suitable for everyone who wants to get into running, or for those who fancy a shorter race between marathons! For more information visit [www.bristolhalfmarathon.com/bristol10k/](http://www.bristolhalfmarathon.com/bristol10k/)



## Cheese Rolling!

**When: 31 May 2010**

The legendary Cheese Roll down Coopers Hill in Gloucestershire has had its fair share of controversy this year with threats to cancel the event, but the show must go on regardless and thousands are still expected to enjoy the madness in 2010! For Health and Safety reasons, we can't recommend that you hurl yourself down the hill, but we also cannot stop you...! Alternatively if you live near Brockworth, Gloucestershire then why not nominate The PSP Association to benefit from the day's charitable activities?!



## The Great South Run

**When: 24 October 2010**

**Registration fee: TBC**

Join us for Europe's leading ten mile road race through Southsea, Portsmouth. Starting and finishing on the seafront, this route takes you around the city and past the historic Dockyard at Victory Gate, offering you views of HMS Victory and HMS Warrior 1860. For more information and to enter, simply visit [www.greatrun.org](http://www.greatrun.org)

For more details on the races in your area, simply visit [www.runnersworld.co.uk](http://www.runnersworld.co.uk) and select the 'Events' tab. If you want to sign up for an event, then please do contact us on 01327 322419 or email [events@pspeur.org](mailto:events@pspeur.org) and we will provide you with all the support you need to make your fundraising a success!

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## The PSP Sailing Challenge!

**When: 12 May, 7 July, 8 September**

**Registration Fee: £99**

**Sponsorship target: £1,200 or Tour Costs: £480**

This is your chance to experience the thrill of sailing a classic 46ft yawl racing boat! Joining a professional skipper and mate, you and your fellow challengers will sail approx 230 nautical miles from Poole to Guernsey. Be prepared to work as a team and take on the elements during this challenge that will leave you with a real sense of achievement! For more information contact the Fundraising Team or visit [www.discoveradventure.com](http://www.discoveradventure.com)



## Walk or Cycle The South West Coast Path

**When: Anytime you choose!**

Tackle the 630 miles of glorious coastal scenery as you walk or bike along the South West Coast path for PSP. From Minehead on the edge of the Exmoor National Park to the shores of Poole Harbour in Dorset, this is the best way to enjoy some wonderful sea air, wildlife and heritage! You can walk a small portion of the trail or take on the whole challenge, walk at your leisure or sign up with a tour group - but whatever you choose this will be a family activity to remember! For more details visit [www.southwestcoastpath.com](http://www.southwestcoastpath.com)

## Surf's Up!

**When: Anytime you choose**

There are many opportunities to catch a few waves for PSP in the South West - Try Cornwall, Devon, or the new artificial reef in Bournemouth. If you are already an experienced surfer then why not try to organise a whole day surf-a-thon or take donations for giving lessons; and for the novices, simply ask for sponsorship - £1 for every second you stay on the board!



## Parachute Jump

**Where: Cirencester, Swindon, Salisbury, Honiton, Cornwall**

**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!



For more information on fundraising for The PSP Association, please contact the Fundraising Team on 01327 322419, visit our website [www.pspeur.org](http://www.pspeur.org) or email [events@pspeur.org](mailto:events@pspeur.org)