

# Cumbria & Lancashire Events Calendar 2011

Why not take part in one of Macmillan's  
Local events and help raise money for those  
living with cancer. Up to the challenge?

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**9 April**

## Coniston Plus 14 Road Race

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The Coniston 14 is probably the most beautiful road race in Britain. Each year it attracts some 1600 runners and has a reputation for being one of the best organised small races in the country. The Race is unusual. The hilly route follows the 13.8 miles of road that circles Coniston water and there are stunning views of the surrounding mountains. For more information and registration, visit [www.coniston14.co.uk](http://www.coniston14.co.uk) then contact your local fundraiser (see details below) to join Team Macmillan.



**16 April**

## Abseil

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Abseil from Lambley Viaduct (Brampton, Cumbria) – about 103 feet, between two of the arches down onto the bank of the South Tyne. As the abseil anchor points have recently been fitted here abseils have not been done from this location before – this is a unique event. For more info, please contact Sue on 01228 409 186 or email [smcdonald@macmillan.org.uk](mailto:smcdonald@macmillan.org.uk).



**8 May**

## Church and Oswaldtwistle Rotary Charity Walk

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Join Macmillan and Oswaldtwistle and Church Rotary Club for their annual Great Charity Walk. Starting and finishing at the Junction 7 Business Estate in Accrington this seven mile circular walk takes you along the Liverpool/Leeds Canal and is a great way to get fit and make money for Macmillan. For more information go to [www.rotarycharitywalk.org.uk](http://www.rotarycharitywalk.org.uk) or contact Fiona Swinhoe on 01925 846 764.



**14 May**

## Morecambe Bay Walk - **CANCELLED**

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Enjoy this unique eight mile sponsored walk across Morecambe Bay from Arnside to Kents Bank. Walkers are guided by Cedric Robinson MBE, the Queen's Guide to the Sands. To take part contact Fiona Swinhoe on 01925 846 764 or email [fswinhoe@macmillan.org.uk](mailto:fswinhoe@macmillan.org.uk).



**15 May**

## BUPA Great Manchester Run

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Join Macmillan Cancer Support for the fastest growing 10K in Britain and run the streets of Manchester on this fantastic route. With 32,000 runners, this is an event not to be missed. If you have your own place and would like to run for Macmillan or if you like to apply for one of our guaranteed places, please contact [greatmanchesterrun@macmillan.org.uk](mailto:greatmanchesterrun@macmillan.org.uk) or call 020 7840 4937.



## 17-19 June The Great North Swim

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The British Gas Great North Swim is a one mile open water swim in Lake Windermere. Thousands of swimmers of all abilities will flock to Cumbria to test themselves against the stunning backdrop of the Lake District. Now in its fourth year, it has already established itself as a firm favourite – indeed it was recently voted the world's fifth best open water swim. To register, visit [www.greatswim.org](http://www.greatswim.org). Once you've secured your own place, register to join Team Macmillan by emailing [swimming@macmillan.org.uk](mailto:swimming@macmillan.org.uk) and we'll send you a fundraising pack containing lots of fundraising and training advice.



## 25 June Scottish Widows Parish Walk Isle of Man

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Eight-five miles. Seventeen churches. Twenty-four hours. Are you up to the challenge? The Isle of Man's greatest individual fundraising sporting event. The 24-hour, 85-mile walk covers 17 parish churches around the island giving you the chance to really test yourself. Whether you are walking for the challenge, for fun, or to raise money for your chosen charity - you can choose how far you walk and whether you walk on your own or as part of team of four. For more information and to registration, visit [www.parishwalk.com](http://www.parishwalk.com) then contact your local fundraiser to join Team Macmillan.



## June The Longest Day Golf Challenge

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The toughest challenge in golf is back. Have you got what it takes to play 72 holes, hit 300 shots and walk 20 miles - all in one day? Take a shot and help people living with cancer at the same time. Getting involved is easy. All you need to do is organise a team of three to four players, register, decide on a date to play and start raising loads of money for Macmillan. For more information visit [www.macmillan.org.uk/golf](http://www.macmillan.org.uk/golf).



## 9 July The Yorkshire Three Peaks

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Calling all challenge seekers...If you fancy a challenge why not tackle the Yorkshire Three Peaks. Walkers will climb over 1,600 meters covering 25 miles up Pen-Y-Ghent followed by Wharfedale and finishing with the unforgiving Ingleborough, this is definitely not for the fainthearted. To take part call Fiona Swinhoe on 01925 846 764 or email [fswinhoe@macmillan.org.uk](mailto:fswinhoe@macmillan.org.uk).



## 25 September Preston 5 and 10km Run

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Get running in Preston's annual event. Run Preston gets moving with a 2k Fun Run, before the 10k run takes runners on a lap of the city centre before entering Avenham Park, across the river, round Frenchwood Rec and back up to the city centre via Avenham and Miller parks. The 5k run then sees another field of runners, including corporate teams battling it out for prizes. It also has plenty of walkers taking in the wonderful backdrop. You will need to register using this link: [www.visitpreston.com/Event/details/LTBT-31780](http://www.visitpreston.com/Event/details/LTBT-31780). Once you have confirmed your place in the run contact the Lancashire fundraising team on 01925 846 764 and we will send you your fundraising pack.



## 30 September

### World's Biggest Coffee Morning

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Be part of something big and take part in Macmillan's flagship fundraising event. Every cup counts. Hold a coffee morning for your friends, family or work colleagues. This is your opportunity to do something practical and positive – and all you have to do is make coffee and eat cake! For more information go to [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee) or call 0845 0730080 to register.



## October

### Great Cumbrian Run

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Cumbria's best loved half marathon event starts at Carlisle Castle and passes through Carlisle city centre before heading into the countryside through the picturesque villages of Cumwhinton, Wetheral and Scotby. Runners then return to the city passing through Rickerby Park and into Bitts Park for the grand finish at the Sheepmount Stadium. The day's events include the Family Fun Run around Bitts Park - why not get your family or school involved to help lead a healthier lifestyle and raise some vital money for Macmillan Cancer Support. For more information contact Sue McDonald on 01228 409 186.



## November / December

### Christmas Fundraising

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Get into the Christmas spirit with some of our simple fundraising activities. We have everything prize winning scratch cards to posters for donations in lieu of Christmas cards and quizzes for the workplace.

**For more information on all of these events, or if you would like to organise your own event please contact your local fundraiser on the details below:**

**Sue McDonald (Cumbria) – 01228 409 186 or email [smcdonald@macmillan.org.uk](mailto:smcdonald@macmillan.org.uk)**

**Fiona Dundas (West Lancashire) – 01925 846 748 or email [fdundas@macmillan.org.uk](mailto:fdundas@macmillan.org.uk)**

**Sebastian Farrell (East Lancashire) – 01925 846 768 or email [sfarrell@macmillan.org.uk](mailto:sfarrell@macmillan.org.uk)**

**Aggie Sheppard (Area Manager) – 01925 846 763 or email [asheppard@macmillan.org.uk](mailto:asheppard@macmillan.org.uk)**

**Fiona Swinhoe (Administration) – 01925 846 764 or email [fswinhoe@macmillan.org.uk](mailto:fswinhoe@macmillan.org.uk)**