A birthday challenge

We're lucky to have a wide range of amazing supporters here at Sue Ryder, who take part in some extraordinary challenges to help us to be there when it matters most.

Tony, a former Keighley CID chief and BBC investigator, is no exception, having embarked on a length-of-Britain walking adventure from Lands End to John O'Groats in Spring 2021. The challenge had even more significance as Tony celebrated his 70th birthday, having completed the gruelling 1000 mile walk twice before for his 50th and 60th birthdays. Crossing the line on the 24th June, 56 days after setting off, Tony completed the distance four days faster than his 2001 walk 20 years ago.

Tony was entirely self-sufficient throughout his challenge, refusing lifts and public transport and carried all his belongings in just one rucksack. Reflecting on the journey, Tony said: "It's been an immensely uplifting and exhilarating experience. There have been many highs and a few lows on this journey, but I have been overwhelmed by the support, kindness, goodness and generosity of so many people I've met along the way."

Tony has raised over £15,000 for Sue Ryder, which has provided specialist care and emotional support to people during the most difficult of times.

If you've been inspired and would like to support Sue Ryder in your own way, do get in touch with the fundraising team on the details below.

call: 01491 522818
email: southoxfordshire.fundraising@sueryder.org
visit: sueryder.org/southox

Sue Ryder Palliative Care Hub South Oxfordshire
Unit 96-100 Battle Barns, Preston Crowmarsh OX10 6SL
Sue Ryder Palliative Care Hub South Oxfordshire
Events 2022

24 April
Mascot Gold Cup
The world's largest Mascot Race, held at Wetherby Races Family Day meeting. Mascots get two free tickets and supporters can buy half price tickets in advance. Spare mascots available. Under 16s free.
sueryder.org/mascotgoldcup

7 May
Snowdon by Night
Join Team Sue Ryder for this epic trek by moonlight up the highest mountain in England and Wales.
sueryder.org/snowdon

29 May
Ride London–Essex 2022
Saddle up and join 20,000 riders riding 100 miles through the heart of London and neighbouring Essex.
sueryder.org/ridelondon

12 June
Chiltern Chase
The Chiltern Chase is a multi-terrain run, covering 5km, 10km or 15km. This popular course is based around the beautiful South Oxfordshire village of Ewelme.
chilternchase.org.uk

17–18 June
The Beacon Festival
Supporting Sue Ryder for 2022, The Beacon Festival is a family-friendly music festival in Oxfordshire (Wartlington), that celebrates real ale, music, and much more.
beaconfestival.net

19 June
London to Brighton
Saddle up and take on the London to Brighton cycle for Sue Ryder. Starting on Clapham Common and finishing on Brighton seafront, this 54 mile cycle is ideal for both beginners and experienced riders.
sueryder.org/londontobrighton

25 June
GS Henley Sportive
The Graeme Taylor Ride
Open to everyone, experience the fun of riding in a group with stunning views. Challenge yourself to one or multiple laps. Contact us for more information.
sueryder.org/ridelondon

10–11 September
Thames Path Challenge
England's greatest river provides a fantastic backdrop for an unforgettable challenge. Starting at Putney Bridge the full 100 km route heads upstream to Henley, along the famous Thames Towpath. Sign up through Ultra Challenge and fundraise for Sue Ryder.
ultrachallenge.com/thames-path-challenge

11 September
Great North Run
We have places available in the world's biggest half marathon with a minimum fundraising target of £300.
sueryder.org/greatnorthrun

16 October
Oxford Half Marathon
Run through the historic, windsing streets of Oxford to the sound of live entertainment. The route passes through Old Marston village, the River Cherwell, Oxford University's impressive Lady Margaret Hall, before finishing on Parks Road.
sueryder.org/oxfordhalf

22 October
Starlight Hike
Get together with family and friends under the stars to remember someone special, raise funds and help us fill someone’s last days with love at our Starlight Hike. Email us for more information about this event.
sueryder.org/snowdon

22–26 October
Saharan Mini Adventure
A challenging trek against the backdrop of the awe-inspiring Sahara Desert, this short, but adventurous, trip offers a bite-sized desert experience. Sign up through Discover Adventure and fundraise for Sue Ryder.
discoveradventure.com/challenges/saharan-mini-adventure

2–6 November
Northern Lights Winter Trek
Iceland lies on the edge of the Arctic Circle and is home to some of Europe’s greatest wild landscapes.
sueryder.org/iceland

December
December Daily Dash
Run, walk or jog 5k every day this December, and raise funds to help Sue Ryder support people when it matters most. For more information email december.dailymdash@sueryder.org

January 2023
Christmas Tree Collection Service
Leave your Christmas Tree for us to collect in exchange for a donation.
sueryder.org/southoxtrees

9–13 February 2023
Saharan Mini Adventure
This short, but adventurous, trip offers a bite-sized desert experience. Sign up through Discover Adventure and fundraise for Sue Ryder.
discoveradventure.com/challenges/saharan-mini-adventure

8–12 March 2023
Northern Lights Winter Trek
Discover stunning scenery on this fantastic trekking challenge in southern Iceland with a great chance of seeing the Northern Lights.
sueryder.org/iceland

April (date TBC)
Reading Half Marathon
A local favourite, this is a fast, flat race perfect for beginners and seasoned professionals alike. Email us for more information.

April (date TBC)
London Landmarks
London Landmarks lets you enjoy a closed road tour of the best sights our capital has to offer. You'll experience a carnival of noise, colour and fancy dress at the themed cheer points that line the route. Email us for more information.

23 April 2023
London Marathon
There’s nothing that quite compares to the London Marathon. The iconic route, unparalleled crowd support, and unbeatable spirit make it one of the best loved marathons. Please email us to discuss your application in more detail prior to submitting online.
sueryder.org/londonmarathon