

# Take on a challenge & fundraise for Action Bladder Cancer UK!



Looking for an exciting way to fundraise and challenge yourself? Whether it's signing up for a Kiltwalk, taking on an Action Challenge, running the Great North Run, or tackling the London Landmarks Half Marathon, there's an event for everyone!

By signing up for one of these incredible challenges, you'll be raising vital funds to support bladder cancer patients, awareness, and research.

## Kiltwalk – walk for ABC UK in tartan style!

**What is it?** Scotland's famous Kiltwalk is a fantastic way to fundraise - choose your distance, grab your kilt, and walk for a cause!

- Choose from different distances to suit all abilities
- Walk solo or as a team
- A great way to enjoy Scotland's stunning scenery

### Where & when?

- Glasgow, Edinburgh, Aberdeen & Dundee (Various dates throughout the year)

### How to sign up:

Visit <https://thekiltwalk.co.uk/> and select Action Bladder Cancer UK as your charity.



## The Great North Run – The UK's biggest half marathon!

**What is it?** Join over 60,000 runners in the world-famous Great North Run – a 13.1-mile challenge from Newcastle to South Shields.

- Electric crowds and atmosphere
- Perfect for runners of all levels
- A fantastic coastal finish line

### How to sign up:

- Get a charity place with ABC UK. Contact us for details at [events@actionbladdercanceruk.org](mailto:events@actionbladdercanceruk.org)

Email:  
[info@actionbladdercanceruk.org](mailto:info@actionbladdercanceruk.org)

Telephone  
0300 302 0085

### Get social at:

f /Action Bladder Cancer UK  
in /Action Bladder Cancer UK  
t /actionbladdercanceruk  
X @Actionbladderca

[www.actionbladdercanceruk.org](http://www.actionbladdercanceruk.org)

Registered as a charity no: 1164374

## Take on an Ultra Challenge

Looking for the ultimate endurance test? Whether you're a walker, jogger, or runner, an Ultra Challenge is a thrilling way to push your limits while raising vital funds for us.

By stepping up to the challenge, you'll be helping to support bladder cancer patients, fund research, and raise awareness - every step counts!

### What is an Ultra Challenge?

Ultra Challenges are tough but rewarding endurance events, ranging from 25km, 50km, or even 100km! You can choose to:

- Walk, jog, or run the route
- Go solo or as a team
- Take part in day or night challenges
- Enjoy stunning routes across the UK

### Top Ultra Challenges to Take On

#### London to Brighton Challenge

- 100km trek from capital to coast
- Through the South Downs & countryside
- Walk, jog, or run - your pace, your way

#### Jurassic Coast Challenge

- A beautiful but tough coastal route
- Cliffs, beaches & rolling countryside
- Distances: 25km, 50km, or 100km

#### South Coast Ultra Challenge

- Stunning South Downs National Park views
- Choose your challenge: Full, half, or quarter
- A seriously rewarding endurance test

#### Peak District Challenge

- Take on the rugged hills & trails of the Peaks
- Fully supported with rest stops & food
- Day & night options available.



**ULTRA  
CHALLENGE!**

## London Landmarks Half Marathon – run through history!

**What is it?** A stunning 13.1-mile run through London's most iconic landmarks – Big Ben, St. Paul's Cathedral, Tower of London & more!

- A unique half marathon experience
- Enjoy amazing entertainment along the route
- Raise vital funds for bladder cancer support

### How to sign up:

Sign up for an ABC UK charity place or secure your own spot and run for us.

## Why fundraise for Action Bladder Cancer UK?

Bladder cancer is the 5th most common cancer in the UK, yet it's underfunded and under-represented. Every step, mile, or challenge you take helps us provide support, awareness, and research funding for those affected.

- Raise funds to support patients & families
- Help fund bladder cancer research
- Raise awareness of this overlooked disease

## Join team ABC UK today!

Want to take on one of these incredible challenges? Sign up, start training, and make a difference!

Contact us for fundraising tips, support, and materials.

Visit:  
[www.actionbladdercanceruk.org](http://www.actionbladdercanceruk.org)  
to get started.

*Challenge yourself,  
have fun, and change lives!*



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