

Events Calendar

Below is a list of events that you can attend or take part in for COSMIC. For the events in pink we have COSMIC places. For all the other challenge events you can secure individual places and raise money for COSMIC

March

Sunday 26 March 2017 - Mad March Hare 5km – It's the number one event of its kind in the region, welcoming walkers, joggers and runners of all ages and abilities.

Sunday 26 March 2017 - Adrenalin Shock Race 5km & 10km - A choice of 10km and 5 km off road routes that include marsh, bog, rivers and woodland, rough hilly ground interspersed with tracks and fields, if that was not enough at the end you will encounter 800 meters of deep mud and water between 24 plus obstacles to negotiate en route to the finish.

Sunday 19 March 2017 - Windsor Spring Run 5km - From the London 2012 Olympic Rowing Venue at Dorney Lake, which celebrates 10 years in 2017. Taking place from January through to April and with distances from 5km up to Half Marathon on closed roads, with a flat course, this produces many personal best times - when it's not windy!

Sunday 19 March 2017 - The Chicks & Chaps Winter Series – A Series of runs is 2 races in 1. A race 'just for the girls' followed after by a race 'just for the boys' provides a stress-free 5k and 10k run at various venues around Milton Keynes.

Sunday 26 March 2017 - Reigate Priory Park 10K - An annual 10 km multi terrain race, open to anyone 15 years of age or over on the day of the race. It is suitable for club and fun runners alike.

Sunday 26th March 2017 - Hyde Park 10km - The 10km race will take place in Hyde Park London, a Flat course great for a fast time.

April

Sunday 9th April - Grand Union Canal Spring Half Marathon – A scenic half marathon on track and gravel down the Grand Union Canal from Uxbridge to Watford.

Saturday 22nd April - Run Richmond Park 5k - A brilliant 5k for a beginner; run around the beautiful and historic Richmond Park in this marshalled 5km route.

April 23rd – [London Marathon](#) – The biggest running event of the year! The London Marathon is an exciting event, we take applications every year to be part of the incredible running team.

April 26th – [More Smiles Abseil](#) – Calling all adrenaline junkies! Abseil down the side of St Mary's for the More Smiles Appeal!

May

Saturday 6th May - Shackleford Spring Punch – annual mountain biking event starting in Guildford, Surrey - a fast and furious course, with an entertaining variety of trails!

Sunday 14th May - Henley Half Marathon & 10km River Trail Run – Half Marathon and 10km course along the beautiful Thames Trail in historic Henley.

Monday 29th May – [Vitality London 10,000](#) - Be prepared to marvel at some of London's most famous landmarks this May when you take on this fantastic 10K race

June

Sunday 11th June - Colour Run – The happiest 5km in the world! Join the fun at this colourful event based in Wembley arena, a perfect event to do with family and friends.

Saturday 17th June – Marylebone Nomad Cinema Night – Grab the popcorn and settle in for a magical night under the stars in the beautiful Paddington Gardens in Marylebone for a special screening of 'The Big Lebowski!' for the COSMIC 'Home from Home' Appeal.

Sunday 18th June – Marylebone Fayre – Join us for one of the biggest street parties in London along the Marylebone High Street. All proceeds go towards supporting our 'Home from Home' appeal for parent accommodation at St Mary's Hospital.

Sunday June 25th – [COSMIC Walk](#) – Our longest running event! Join many COSMIC families, Unit staff and friends of the charity for a 5km walk around Paddington Green Recreation Ground and a tea party reception at Paddington Green School.

July

Saturday 8th July – Dunwich Dynamo - annual 200km night ride from London Fields in Hackey to Dunwich on the Suffolk Coast.

Thursday July 20th - [COSMIC Day \(Duck Race & Dragon Boat Race\)](#) – The annual duck race and dragon boat race is back this summer! Throughout the day there is a duck race with prizes for the top three places and activities throughout the day. In the evening the famous dragon boat race on Paddington Canal!

Sunday - 23rd July – Brownsea Island Swim – a popular open water swimming event around Brownsea Island off the coast of Poole, Dorset.

Sunday July 30th – [Prudential Ride London](#) – The biggest and best cycling event of the year starting in central London, winding past the finest monuments the capital offers into the stunning Surrey countryside.

August

7th-14th August – [COSMIC Rays Relay Swim](#) – Join the COSMIC Rays and be part of the 2 teams of 6 completing a relay across the English Channel coached by Eagle ray (Dr Habibi) himself!

Saturday 5th August - South Downs Midnight Marathon – A marathon with an extra challenge – a trail run, 26 miles and in the dark! Race the sunrise over the beautiful South Downs.

Saturday 12th August - Hampshire Hills Beach Cruiser - A new twist on the classic sportive, the Hampshire Hills Beach Cruiser – the event route winds you up over the mighty South Downs, then sweeps through the pick of the twisting country lanes to the south coast, delivering you to the sea front at Hayling Island.

September

Saturday 2nd September - South Coast Triathlon - Do it as a Relay! A team of 3 is all you need, a swimmer, a cyclist and a runner!

8th-10th September – [COSMIC Ben Nevis Trek](#) – Take on the mightiest mountain the UK for COSMIC!

9th-10th September - Push yourself on the '[Thames Path Challenge](#)' - it's 100km from Putney Bridge to Henley - or Half & Quarter distance options.

Sunday 10th September – River Dart 10km - one of the finest open water 10k swims in the land. This is the eighth year of this event which is open to all swimmers.

Saturday 23rd September – Tough Mudder Half & Full- The ultimate challenge – Tough Mudder! Navigate epic obstacles, over-grown woodlands, gruelling trails and gritty mud in their 10-12 mile course.

October

Sunday 1st October - The Royal Borough of Kingston Half Marathon – A great course for setting a PB, fully marshalled on flat roads in a beautiful, historical setting.

Saturday 7th October - Queen Elizabeth Olympic Park 10km – Feel like an Olympian at the famous athletics stadium where so many Team GB medals were won at this incredible 10km.

Sunday 8th October - Cycling Weekly Box Hill Original Sportive – Take on Box Hill, the ultimate test for road cyclists! Set in stunning Surrey foothills this local event is a brilliant challenge for the experienced rider.

November

Sunday 5th November - Evans Cycles Biggin Hill Road Sportive - An established fixture, and ever popular with riders, this is a great way to clock up the miles before the winter sets in.

Saturday 11th November – NUCLEAR FALLOUT RACE - Nuclear delivers award winning fun, tough, gritty obstacle races over varied, undulating terrain. Expect big obstacles, highly organised events and relentless amounts of mud.

December

December – TBC – COSMIC Christmas Carol Concert

December – TBC – Santa Run

Email info@cosmiccharity.org.uk or 020 331 26179 for more info or to sign up