



**Challenge
yourself with
#TeamNICHS**

**Chest
Heart &
Stroke**

75
YEARS
ON YOUR SIDE

With the unexpected events of last year, we need your support now more than ever to continue the fight against chest, heart and stroke illnesses in Northern Ireland. Our aim is to support those living with these life changing conditions and prevent others from becoming ill through funding local research and providing prevention programmes.

Whether you want to run, swim, bake, bike or hike, we would love you to join #TeamNICHs. Check out our upcoming events and get signed up.

If you have any questions about any of the events please contact our team by email events@nichs.org.uk, or call us on (028) 9032 0184.

Individuals

If you would like to organise your own unique event to raise vital funds, you can either register your fundraiser online or give us a call. Visit **www.nichs.org.uk/organiseyourfundraiser**

Companies

To register your company to any of these events please contact our Corporate Partnerships Team by email **corporate@nichs.org.uk**, or call us on **(028) 9032 0184**.



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Events Calendar

AUGUST 2021

Silent Valley Dambusters 10K
14 August 2021

Mourne Way Marathon
21 August 2021

Antrim Coast Half Marathon
29 August 2021

Lap the Lough
29 August 2021

SEPTEMBER 2021

Causeway Coast Marathon
18 September 2021



OCTOBER 2021

Ben Nevis at Night
02 – 03 October 2021

Belfast City Marathon
03 October 2021

**Hell and Back Mud Run
Wicklow**
02 – 03 October 2021

**Benone Half Marathon and
Challenge Walk**
16 October 2021

GR8 Dundrum Run
30 October 2021

NOVEMBER 2021

Tollymore Trail Marathon
13 November 2021

DECEMBER 2021

NICHS Santa Abseil
Belfast Castle
12 December 2021

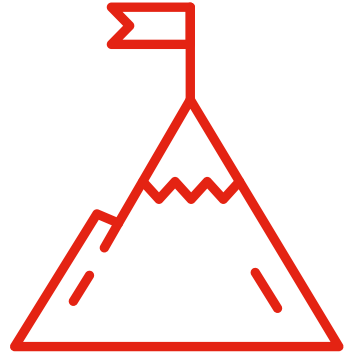
* Events subject to change due to COVID-19

Events Calendar

JANUARY 2022

Kilimanjaro Summit Climb
19 – 30 January 2022

Trek Angkor Wat
22 – 29 January 2022



FEBRUARY 2022

Sahara Desert Trek
05 – 12 February 2022

NICHS Annual Red Dress Run
27 February 2022

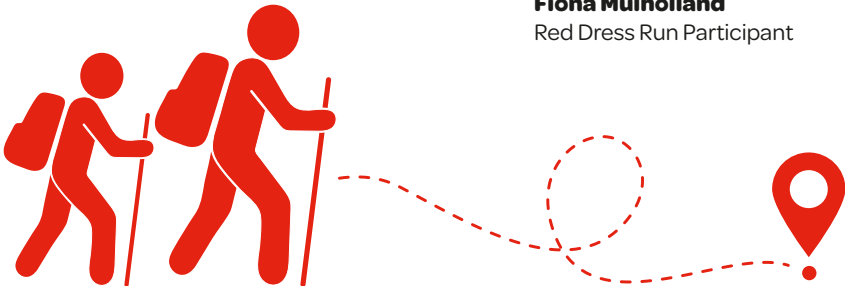


“Such an all-inclusive fundraising event to remember or support those affected by conditions relating to chest, heart or stroke. The Red Dress Run is a date set in my calendar.”

MARCH 2022

Trek to Machu Picchu 11
– 20 March 2022

Fiona Mulholland
Red Dress Run Participant



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Other events

75th Mourne Challenge
Various dates 2021-2022

Skydive
Choose your date

Virtual Marathon Challenge
Choose your date

Ultra Challenge
Various events 2021 – 2022

Conqueror Virtual Challenges

Sign up or find out more
nichs.org.uk/events









Almost 90%

of NICHS care services and research are funded exclusively by public donations

Follow us:

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-  www.linkedin.com/company/nichs

Northern Ireland Chest Heart & Stroke

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REGULATOR**

INVESTORS IN PEOPLE™
We invest in people Silver



75
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