



**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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BELFAST
City
MARATHON

ATHLETICS

roke
association

TO

BELFAST CITY MARATHON

WWW.TIMING.IE

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Events Calendar

SEPTEMBER 2021

75th Mourne Challenge

11 September 2021

Causeway Coast Marathon

18 September 2021

OCTOBER 2021

**Run Galway Bay City
Marathon**

02 October 2021

Ben Nevis at Night

02 – 03 October 2021

**Hell and Back Mud Run
Wicklow**

02 – 03 October 2021

**Benone Half Marathon
and Challenge Walk**

16 October 2021

**Fright To Remember
Challenge**

25 October 2021

NOVEMBER 2021

Tollymore Trail Marathon

13 November 2021

DECEMBER 2021

NICHS Santa Abseil

Belfast Castle

12 December 2021



Events Calendar

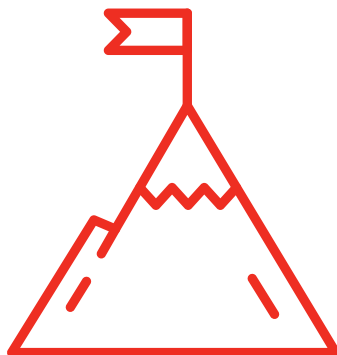
JANUARY 2022

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

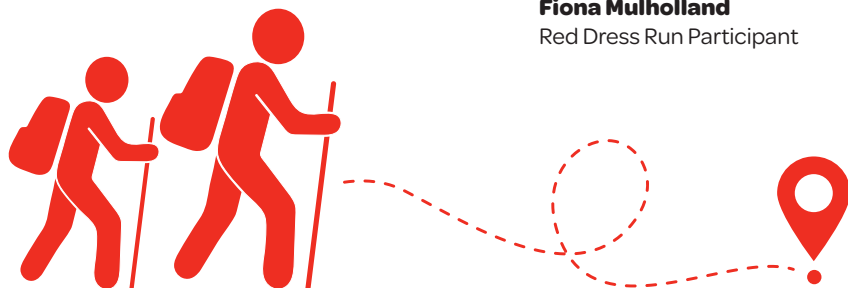
27 February 2022

“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

* Events subject to change due to COVID-19



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Other events

**Climb a Slieve this September
Virtual Challenge**
September 2021

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:

-  Facebook: www.facebook.com/NorthernIrelandChestHeartandStroke
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-  www.linkedin.com/company/nichs

Northern Ireland Chest Heart & Stroke

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**FUNDRAISING
REGULATOR**

INVESTORS IN PEOPLE™
We invest in people Silver



75
YEARS
ON YOUR SIDE