



The Anne Frank Trust UK

Take up the Challenge for the Anne Frank Trust UK

There are hundreds of activities around the UK which give you an opportunity to raise money for The Anne Frank Trust UK.

We've teamed up with justgiving so getting sponsorship is easy. You can create your own page where people donate online and even leave messages of encouragement! www.justgiving.com

Have a look at our short list of events or if you know of a local race near you, sign up and let us know about it!

RUNNING EVENTS

MARATHON:

BRIGHTON-18th April '10

NOTTINGHAM - September '10

GREAT NORTH RUN-October '10

1/2 MARATHON:

ST. ALBANS - 13th June '10

BATH - 7th March '10

BRISTOL - September '10

WALKS IN LONDON

THAMES PATH - 21 different routes!

GREEN CHAIN WALK - 18 miles

JUBILEE WALKWAY - 14 miles

OTHER ACTIVITIES

Cycle ride, roller skating, swimming, sky diving, mountain climbing, bungee jumping, abseiling!



To get involved, for details on the above events and for further ideas visit our website

www.annefrank.org.uk/challenge

Once you've decided on an activity you just need friends, family and colleagues to sponsor you!

Contact details: 020 7284 5858 / events@annefrank.org.uk
The Anne Frank Trust UK, 104-108 Grafton road, London, NW5 4BA

