**9 FEBRUARY**
Farnborough Half Marathon

## TOGETHER WE MARCH

1–31 March 2025

Pull on your walking boots, dust off your trainers and get ready to take on your 10-mile challenge in March.

Have you completed your 10 miles in up to six, four or even a week? Or are you a seven-day-a-week-day throughout the month, march4mwarch.co.uk

**6 APRIL**
London Landmarks Half Marathon

Brighton Marathon

**13 APRIL**
Paris Marathon

**27 APRIL**
TCS London Marathon

Manchester Marathon

## 100 MILES MAY

1–31 May 2025

Join 4 Stand Consultancy and Combat Stress for the 100 Miles May challenge. Register for free to set your own challenge and raise funds for us or walk 100 miles through Spring in the UK or abroad. Whether you're a hiker, runner or even a dog walker, we'll track your miles and reach £20 in donations.

events.combatstress.org.uk/100milesmay

## ANNUAL CHARITY DINNER

8 May 2025
7 pm

On Thursday 8 May 2025, we're hosting our Charity Dinner at the stunning Hill Top Farm in Stoke Mandeville, Buckinghamshire, Aylesbury, followed by a three-course dinner. Enjoy a delicious meal, a glass of wine, and a night of fun with friends and family while supporting the vitally clear and needy to improve veterans' mental health.

**REGISTER YOUR INTEREST**

combatstress.org.uk/annual-charity-dinner

Find out more and join the Shine Blue Challenge and Gala for veterans' mental health week 19–26 June.

events.combatstress.org.uk/shineblue2025

**8 MAY**
VE Day 80th Anniversary

**11 MAY**
Birmingham Running Festival

**12–18 MAY**
Mental Health Awareness Week

**17 MAY**
Jurassic Coast Challenge

**24 MAY**
London to Brighton Challenge

**25 MAY**
Edinburgh Running Festival

## WOGGY TRAILS

1–30 June 2025

Grab your human companion and your generous mates to support our life-changing treatment programme. Walk, run, roll, stroll or get out and about this June. This is a virtual challenge, so how far you go is entirely up to you!

events.combatstress.org.uk/woggytrails

5–8 June 2025

On the commemorative 80th D-Day landings, our Team Combat Stress are on hand to support our veterans and their loved ones. Choose from a 44-mile or a 22-mile challenge, both with stunning iconic Hampshire Bridge.

events.combatstress.org.uk/dday44challenge

**7 JUNE**
Endure24 Reading

**21 JUNE**
Race to the King

**23–27 JUNE**
Armed Forces Week

**27 JUNE**
PTSD Awareness Day

**28 JUNE**
Armed Forces Day

Peak District Challenge

Endure24 Leeds

## STREAM FOR VETERANS

Throughout the year

Whether you're a seasoned swimmer or just starting out, join us at Mile End on Saturday 5 July for a 1-mile swim or a 2-mile swim, plus a 1-mile fun run. Or take your own spin on it anywhere, anytime, with your own swimming challenge.

events.combatstress.org.uk/streamforveteranschallenge

**12 JULY**
Race to the Stones

Yorkshire Three Peaks

**19 JULY**
Gower Peninsula Challenge

**23–26 JULY**
London to Paris Bike Ride

## ABOVE AND BEYOND

Take to the skies and take on a challenge

We are looking for extreme adventurers who want to challenge for Team Combat Stress. Into skydiving, bungee jumping, or abseiling? Or do you fancy a sky-high challenge? Contact Fundraising Team for more details.

events.combatstress.org.uk

**2 AUGUST**
Snowdon at Night

South-West Coast 50 Challenge

**3 AUGUST**
York 10k

**15 AUGUST**
VJ Day

**17 AUGUST**
Scottish Half Marathon

## CYCLE SEPTEMBER

1–30 September 2025

Hop on your bike and take on our Cycle September challenge to support life-changing treatment. Choose from 100 miles, 50 miles, 25 miles or create your own through September.

events.combatstress.org.uk/CYCLESEP

**5 SEPTEMBER**
National Three Peaks

**7 SEPTEMBER**
Great North Run

Bacchus Wine Half Marathon & 10k

**10 SEPTEMBER**
World Suicide Prevention Day

**13 SEPTEMBER**
Thames Bridges Trek

Thames Path Challenge

25 September 2025

Join us for our annual clay pigeon shoot. No matter your experience, you can have bants of fun shooting at the iconic venue of the coveted Top Team panel. The shoot takes place at R.J. Churchill Gunmakers, and we look forward to your visit our website to find out more.

combatstress.org.uk/clay-shoot

**10 OCTOBER**
World Mental Health Day

**12 OCTOBER**
Royal Parks Half Marathon

**19 OCTOBER**
Amsterdam Marathon

**25 OCTOBER**
Cardiff Half Marathon

**6 NOVEMBER**
Armistice Address

8 November 2025

On the weekend we honour those who have served, join #TeamCombatStress and take on the iconic Remembrance Sunday 10 km. Race from the home of the British Army, across the Thames, and finish at the home of the Royal Navy in the historic dockyard in Chatham. Pick your own pace on the route, or be competitive and run or walk 10km.

events.combatstress.org.uk/racetoremember

**26 NOVEMBER**
Combat Stress Christmas Fayre

**4 DECEMBER**
London Carols

**7 DECEMBER**
GRIM Challenge

**11 DECEMBER**
Edinburgh Carols

## JOIN TEAM COMBAT STRESS

Take control of the mental wellbeing of the UK as you take on the diverse challenges of our 2025 calendar. Whether you are one of the band of brother-sisters in challenge yourself to some life-changing treatment, or just fancy a fiver to your friends, Team Combat Stress is the place to be.

Take time you can join us:

events.combatstress.org.uk/JOIN

We provide specialist treatment and support for veterans with long-term mental health issues, including complex mental health issues resulting from their experiences during military service.

**We work out day to life changing and life saving.**

**We are the charity that does what we do.**

**94%** of our treatment programmes are rated 'excellent' or 'good'

**13** Specialist Veterans Centres across the UK

**15** Mental Health Specialists with Veteran Experience

24 Hour Helpline: 0800 138 1619
Registered Charity number 206094
Registered in Scotland SC037776
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combatstress.org.uk

COMBAT STRESS