



#### Pool Based Events

- Cheshire Triathlon
- Stratford Triathlon
- York Triathlon
- Henley Triathlon
- North West Triathlon
- Warwickshire Triathlon

## Sign up for Ronald McDonald House Charities

The best medical care for your child isn't always close to home, and families often find themselves travelling long distances to be with their child in hospital.

Ronald McDonald House Charities UK helps ease some of the burden of having a poorly child in hospital by providing free home away from home accommodation.

# Why choose Ronald McDonald House Charities UK?

Our 14 Houses across the UK gives families a warm and comfortable place to rest, eat and relax, just moments away from their child's hospital ward.

Our support is invaluable to families at a critical time in their lives. Our vision is for every child in hospital to have their families close by, and to ensure families are fully supported in our Houses and remain actively involved in their child's care.

Just £25 can support a family with a night's accommodation. Your fundraising could make a real impact on the lives of families with children in hospital.





#### We offer support and information

When you sign up for a UK Triathlon with Team RMHC UK, our dedicated Challenge Event team will be with you every step of the way; from providing you with a fundraising pack full of creative ideas, to your very own tech tshirt to wear on race day. You'll also receive one-to-one support from a member of our Challenge Events team.

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### **Open Water Events**

- Triathlon @Ellesmere
- <u>Ultimate Triathlon</u>
- <u>Ultimate Half Triathlon</u>
- Ultimate Quarter Triathlon
- Birmingham Triathlon
- Shropshire Triathlon

Just choose Ronald McDonald House Charities on your entry form to sign up for us!