

can you #spend an hour on aberlour?

The clock is ticking...
Stop children suffering, before it's too late.

We're asking our supporters to #SpendAnHour on Aberlour and raise as much money as you can in one hour – or in as many hours as you please!

#SpendAnHour



/AberlourCC



@AberlourCCT

See some of
our favourite
events overleaf

aberlour
scotland's children's charity



There are **loads of events throughout Scotland each year** that you can take part in. Here are a few of our favourites:



KiltWalks

Taking place in Glasgow, Aberdeen, Dundee and Edinburgh, the Kiltwalk has something for everyone. Each event boasts three distances – **Mighty Stride** (23-26 miles), **Big Stroll** (10-14 miles) and **Wee Wander** (5-6 miles) so no matter your fitness levels, there's a distance to suit!



Edinburgh Marathon Festival

The Edinburgh Marathon Festival is just that – a festival of running with something for the whole family! The event happens annually and offers a **marathon, half marathon, 10K, 5K, relay race, 3 junior races; 5K, 2K, 1.5K** for under 18s and a **Kids' Kilometre**.



Santa Dash

Scotland's most festive **5K**, the Santa Dash takes place in Glasgow City Centre every December. Join thousands of Santas donning a red suit and running for charity!



Forth Rail Bridge Abseils

This unique challenge allows you to abseil (free-fall style, like the SAS!) from the iconic Forth Rail Bridge. It's an exhilarating **165ft drop** with a soft landing on the sandy beach below. Abseils take place in June and October each year.

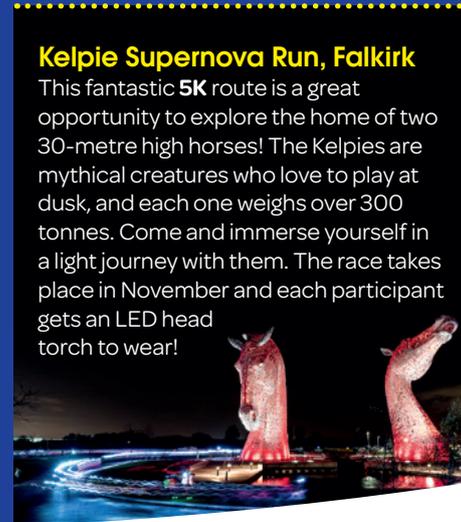


Glasgow Nightride

Glasgow is a new Nightrider city. Keen cyclists can take on a **50km** or **100km** ride through the streets at night. Finishers are rewarded with a medal and a big breakfast!

Kelpie Supernova Run, Falkirk

This fantastic **5K** route is a great opportunity to explore the home of two 30-metre high horses! The Kelpies are mythical creatures who love to play at dusk, and each one weighs over 300 tonnes. Come and immerse yourself in a light journey with them. The race takes place in November and each participant gets an LED head torch to wear!



All **#SpendAnHour** fundraisers will receive a t-shirt and fundraising pack to help them raise funds for Scotland's children.

Scottish Charity no: SC007991 Company Reg no: SC312912

Please contact fundraising@aberlour.org.uk or call **0141 260 9180** for more information.

All of our events can be viewed at www.aberlour.org.uk/events