



in partnership with  
*presents*



BRITISH  
DENTAL  
INDUSTRY  
ASSOCIATION



**Complete 5k,  
raise money for Bridge2Aid  
and have the chance to win  
a once-in-a-lifetime prize**

**11th October 2025, various locations**

Whether you're a honed athlete or just a social 'park runner', Bridge2Aid is launching an achievable running challenge AND a fantastic prize.

On Saturday 11th October, Bridge2Aid in association with partners BDIA are asking the dental community, along with their family, friends and anyone else they know, to come together and raise money by completing 5k.

In return for a £10 donation, every participant will be entered into a prize draw to win a place in a European Marathon or Half Marathon in 2026. But don't worry, if 26.2 miles seems a little tough, £50 of LuLu Lemon vouchers might be just the inspiration you're looking for.

**4 simple steps will get you started**

1. **SCAN** the QR code and complete the entry form
2. **DONATE** £10 to B2A
3. **GET TRAINING!**
4. **TAKE PART** in one of our 4 nominated B2A events around the country or simply join your local Park Run on Sat 11th October 2025 to log your time



"We're thrilled to be teaming up with the BDIA for this fantastic event. It's a great way to spread the word about the incredible work Bridge2Aid is doing in East Africa and the UK and raise vital funds to get more people out of pain. The more people who get involved, the bigger the impact we can have."

**Shaenna Loughnane** CEO Bridge2Aid

\*The two first prize winners can choose between a place in one of the following 2026 marathons - Run4Rome Relay, Milan, Vienna, Prague, Copenhagen, Venice, Athens or Valencia. Or a place in one of the following 2026 half marathons: Copenhagen, Lisbon, Berlin, Valencia, Prague or Cardiff. 3rd prize is £50 vouchers for LuLu Lemon.

Prizes winners will be drawn on 14th October 2025 and notified within 7 working days. To be notified of the winners please email [info@bridge2aid.org](mailto:info@bridge2aid.org) after 22nd October 2025.

[www.bridge2aid.org](http://www.bridge2aid.org)

[info@bridge2aid.org](mailto:info@bridge2aid.org)

Bridge2Aid is a UK registered charity No 1170578

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