

## Challenges



### Skydiving

Imagine standing at the edge of an open doorway at 10,000 feet. Now imagine falling through the clouds, diving down through the air as you start free-falling at over 120mph. Imagine steering the parachute through the tranquil descent into the drop zone below. How amazing is that?

[Now stop imagining, because it could be real and you can do it in aid of Sense!](#)



- [Abseiling](#)



- [Great North Swim](#)



- [Sense Weekends](#)



- [Great London Swim](#)



- [Great East Swim](#)



- [Hell Runner](#) Sick of the same old road running events? [Why not try this hugely popular, devilishly challenging trail run: 10 - 12 miles of off-road running with tough, twisting trails, obstacles and LOTS of mud - including the famed Hills of Hell and the Bog of Doom!](#)