Returning Funds to National Breast Cancer Research Institute

If you have fundraised on iDonate you don't have to do anything, funds will be transferred directly to NBCRI. Thank you!

If you have other fundraising to lodge to NBCRI, please see below ways you can do that:

Bank Transfer

You can lodge funds directly to NBCRI bank account using the information below. NB: Please use your name as a reference so we can send you confirmation of receipt.

IBAN: IE08BOFI90379513908026
BIC: BOFIIE 2D
Bank: Bank of Ireland, Mainguard St, Galway.

Cheque/ Postal Order

Send a cheque or postal order to the following address:

FAO: Ida Maria Brzozowska, National Breast Cancer Research Institute, Symptomatic Breast Unit,
University Hospital Galway,
Galway,
H91 YR4R

Call

To pay funds in over the phone by Card please call us on **091 - 863 917**

Thank you so much for your support

National Breast Cancer Research Institute
Symptomatic Breast Unit
University of Galway
Galway
H91 YR4R

t: 091-863 917
e: hello@breastcancerresearch.ie
w: www.nbcri.ie



www.100KMInJuneForBreastCancerResearch.ie

100KM IN JUNE FOR BREAST CANCER RESEARCH
NATIONAL BREAST CANCER RESEARCH INSTITUTE

CHARITIES INSTITUTE IRELAND
2026 TRIPLE LOCK MEMBER
Promoting Trust

Don't forget to follow us on social media and share your pictures from your 100km in June #100kminJune

@BreastCancerResearchNUIG @breastcancer_research
@National Breast Cancer Research Institute

NBCRI is a registered charity in Ireland.
Registered Charity No: 20025175

100KM IN JUNE FOR BREAST CANCER RESEARCH



100KM IN JUNE NATIONAL BREAST CANCER RESEARCH INSTITUTE

WELCOME PACK

100KM IN JUNE
FOR BREAST CANCER RESEARCH

YOU'RE IN!

Welcome to 100km in June Challenge for the National Breast Cancer Research Institute (NBCRI).

Your NBCRI t-shirt is enclosed, and we hope you will wear it with pride as you take on your 100km challenge. Every step you take, and every euro raised helps fund vital breast cancer research.



A few helpful tips to get you started:

- Take on the challenge your way, you can walk, jog, run, or cycle. The most important thing is to enjoy it!
- Share your iDonate page with friends, family and your WhatsApp groups.
- Don't forget, everyone who raises €50 or more will receive an end-of-challenge medal

This is a big challenge, but a meaningful one, and there will be people all over Ireland taking part alongside you.

Best of luck, we will be cheering you on every step of the way!

The NBCRI Team

Why your 100km in June Matters

Breast cancer is the most common invasive cancer in women in Ireland, affecting 1 in 7 during their lifetime. Behind every statistic is a person, a mother, daughter, sister, friend - people like Aisling.



Aisling's Story

"The day I was diagnosed with breast cancer, I didn't know what my future would be - if any. Research changed that. It gave doctors the answers they needed to treat me, and it gave me more time, more memories, and more todays with the hope of many tomorrows.

Most importantly, it gave me the chance to tell my story, to show that research is hope, and that hope is what keeps us moving forward. Fundraising isn't just about raising money, it's about giving people a second chance."

Aisling Keogh
Breast Cancer Warrior

How Research Makes a Difference

At the National Breast Cancer Research Institute, fundraising from events like 100km in June supports world-class, patient-focused research at the University of Galway.

When you take part and fundraise, you help:

- Support independent, patient-led research
- Train the next generation of cancer scientists and doctors
- Improve outcomes for people affected breast cancer

Research and innovation have transformed outcomes. Today, almost 50,000 people in Ireland are living beyond a breast cancer diagnosis.

NBCRI receives no direct government grant funding for research. Progress depends on community support, fundraising, and people like you.





100km in June – Monthly Tracker

Use this tracker to log your kilometres and set daily or weekly goals, whatever works best for you. Taking rest days is okay too!

We are here to support you along the way, so stay connected in the Facebook Group, share your progress and photos, and keep the motivation going.

Together, we will reach that 100km goal.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	2	3	4	5	6	7	Week 1
8	9	10	11	12	13	14	Week 2
15	16	17	18	19	20	21	Week 3
22	23	24	25	26	27	28	Week 4
29	30						Final Total: