

24-hour sports event

Getting ready for the event

Select a venue:

You can book a location on campus, at uni sports facilities, or at a local gym willing to help out (it helps if you are a member!).

Gather resources:

Make sure you have the equipment needed for your sport of choice i.e. static bike machines, squash rackets or use of a swimming pool!

Gather participants:

Speak to participants taking part and get them to contact all their friends, housemates and society/sports club members to join in.

Advertise your event:

Advertise the event on social media and encourage participants to invite people they know. Make posters to put up around the venue or on campus.

What you'll need

- A venue and music (if allowed)
- Appropriate sporting equipment
- Sports clothing and footwear
- MRF collection buckets
- Enough volunteers and participants to last across the 24 hours

On the day

Get to the venue early to set up the equipment you need, a bucket for collecting donations and a charged phone so you can post updates on social media throughout the day. Make sure to thank your volunteers and encourage them to share on social media too!

Post event

Thank everyone who donated and took part. Post totals of the distance travelled/statistics of the day and the total raised. Bank the money and split it between the team's fundraising pages.

Top tips

- Maximise donations by running a stall alongside the event, like a coffee and cake sale (or 'protein flapjacks' if your event is taking place in the gym!).
- If you're fundraising in a team, you can use this as an opportunity to get individual donations from friends and family, leaving the money raised from general donations/selling cakes to be split between everyone who took part.
- You could raise the profile of your event by asking various sports clubs to take part. Up the stakes by having a prize for the fastest individual, or furthest overall distance 'travelled' by a group.