

Personal challenges guide

Personal challenges are an excellent and creative way to fundraise whilst making training more exciting!

Getting ready for the event

- Decide on your challenge. What are you good at? What do you enjoy? If you like sports, think about a physical challenge. If you have good endurance, maybe choose a 24-hour challenge.
- Set up a social media event to advertise your personal challenge and invite all your friends (ask them to share it with their friends too!).
- Include details on when you'll be doing it, what you'll be doing and how people can donate to your JustGiving page.
- Think about how to engage your audience. Can they donate a certain amount for you to complete the challenge in fancy dress?

What you'll need

- A way of recording/tracking your event. If you are running, Strava is a great app to record your runs. If your event is 24-hours maybe live stream on social media.
- MRF t-shirt
- Specific items for your challenge

Top tips

- Display or post a QR code that links to your JustGiving page during your event to make donating even easier for your supporters.
- Make your personal challenge interactive and engaging – talk to supporters on live chat and take up mini challenges like dress up or dares for small donations.

Post Event

- Share the total raised on your social media and thank everyone for donating.
- Send some photos to the MRF fundraising team.
- Post lots of photos/videos on your social media as people often donate after the event.

Boost your personal challenge

Take your challenge event to the next level and stand out from the crowd to raise crucial funds for MRF!



Take on a running challenge like no other. Ask people to request a name to be depicted in the roads of your local area when they donate. Download Strava on your phone and run a route to spell out the word. You could ask for up to £5 per letter!



Get your friends, family or team involved by breaking up a distance and hosting a relay race. You could do this in person, or hand an online "baton" on by posting a photo on social media to raise awareness of your fundraising feat.



Travel the same metres as the height of the mountain you're planning to climb. This is excellent training whilst also a fun way to raise money. You could run, walk, cycle or swim the distance.



Set up a sweep stake on how quickly you can travel a certain distance, encouraging people to bet on times.



Other ways to travel a distance include:

- Space hopping
- Pogo stick
- Rollerskating
- Skate boarding
- Boat or car

