



# A-Z OF SPORTY FUNDRAISING IDEAS

Hello and welcome to our sporty A-Z, packed with fundraising ideas for you to get involved in this summer. With the biggest sporting event of the year on its way, what better reason to get active while raising vital funds for people affected by cancer?

## A-Z of sporty fundraising ideas

**A is for – aren't  
our supporters  
Absolutely Awesome  
and Amazing ...**



### **Arm wrestle**

Have you got the muscle to take on the office? Enlist an army of arm wrestlers, roll up your sleeves and have a go. And don't forget to nab a pound a wrestle from everyone who takes part.

### **Be like Boris**

Start your day like Boris Johnson and cycle to work in style. Do it for a week, a fortnight or even a month and ask everyone you know to sponsor you. Just don't forget your blonde mop!

### **Console yourself**

Wish you were competing in one of this summer's events? Hold your own championship without leaving the comfort of your own home. You won't break a sweat and you can ask friends and family to sponsor you to reach your personal best. Consoles at the ready.

### **Duck and dive race**

Walking to the nearest pond to feed the ducks just isn't exerting enough. Think mega competitive and organise your own yellow plastic duck race. Hold your event in a running stream, ask people to sponsor your duck and away you go.

### **Enjoy the outdoors**

Make your journey to work count. Walk to work instead of taking your usual route, and give the money you'd normally spend on petrol or travel fares to Macmillan.

### **Food from around the world**

Prepare an award-winning feast fit for an athlete with inspiration from any of the countries competing this summer. You could get a pizza the action from Italy, roll up a Mexican burrito or turn up the heat with a spicy Indian curry. Bring the fruits of your labour into work and sell them to your colleagues for Macmillan, or hold a dinner party after work.



### **Go for gold**

If you want to be a Macmillan record breaker, why not take our gold-rated challenge – how many Ferrero Rocher® chocolates can you eat in a minute? The world record is nine. Hit a perfect 10 and we think you've every right to ask your workmates to cough up.

### **Hula hoopathon**

How long can you hula your hoop? Hold a hoopathon in a suitable venue, enlist some fellow hoopers and get everyone you know to sponsor you. Then invite them all along to watch you spin your thing.

### **Into the indoors**

Don't let any summertime rain get in your way. If it's pouring outdoors (and even if it isn't), move the action inside and hold an all-weather sports challenge. Badminton? Basketball? Trampolining? Get into the great British indoors and charge a pound a participant.

### **Join Team Macmillan**

Give the professional athletes a run for their money and sign yourself up for a Macmillan challenge. Swim, run, cycle or hike – for more info trek over to [macmillan.org.uk/fundraising](http://macmillan.org.uk/fundraising)

### **Keepy uppy**

Are your friends and workmates footie mad? Fancy yourself as the next David Beckham? Why not bend it like the man himself and hold your very own keepy uppy competition? Charge entry fees and award a prize to the person who keepy uppys the longest.

### **Leading the board**

While all this fundraising fun is going on, don't forget to put up a league table at work. You could even hold a sweepstake for the winners and losers in each event.

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### **Make it a Macmillan sports day**

This summer, why not hold an office sports day in support of Macmillan? Watch Finance take on HR in the egg and spoon, and your managers stumble to victory in the three-legged race. And after charging everyone to take part, you'll go home with lots of gold for Macmillan.

### **Nationality dress-up day**

Dress-up is the new dress-down. So why not put an international twist on everybody's favourite Friday by asking your workmates to dress up in a different nationality's dress? Whether it's a sombrero and poncho or beret and stripy T-shirt, you'll be sure to look good and fashion vital funds for Macmillan.

### **Old school games**

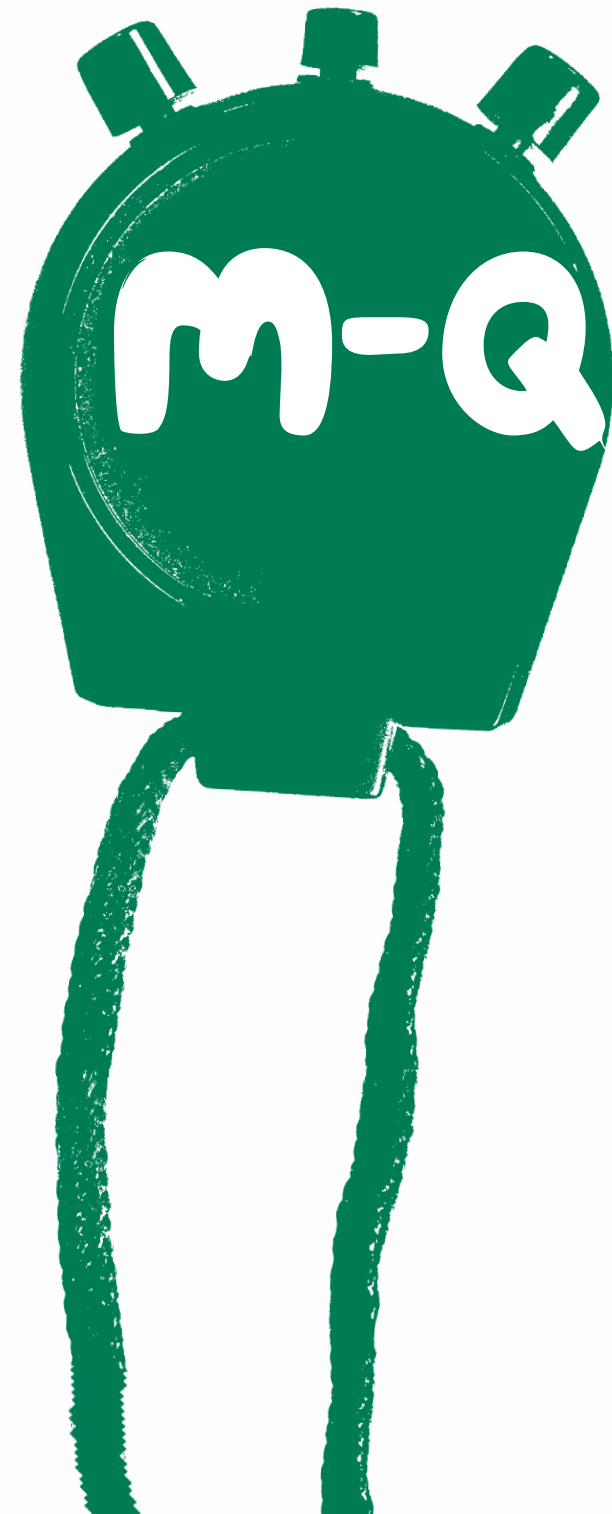
Go back in the day and have some retro fun at a vintage-themed games evening. Round up as many old favourites as you can – Snakes and Ladders™, Cluedo™, Scrabble™, Monopoly™, Tiddlywinks™, pick-up sticks, hopscotch and anything else you can think of. Then suggest a donation of £1 to play – and Monopoly money doesn't count!

### **Personal fitness programme**

Commit to get fit and set your own personal fitness challenge over two weeks. Ask friends, family and workmates to sponsor you as you reach your personal best by the end of the fortnight. And who knows? You may even inspire some of them to join you.

### **Questions of sport?**

Become Sue Barker for the night and host a spectacular sports quiz. Find a suitable quiz online, enlist your teams and let the questions begin.



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### Roll up for the raffle

Make way for everybody's fundraising favourite – the raffle. And how about offering gold, silver and bronze prizes?

### Saddle up

No, we're not suggesting you ride a living, breathing horse through the office but how about holding a hobby horse derby? Just sign up lots of jockeys, bring some brooms into work and hop on. And remember to organise a sweepstake before you giddy up.

### Try a triathlon

Make your fundraising efforts go three ways and run, cycle and swim for Macmillan. Just make tracks to [macmillan.org.uk/triathlon](http://macmillan.org.uk/triathlon) for more info.

### Up your game

Are you and your workmates sporting enough to rise to the challenge of raising £2,012 before the end of the summer? You'll be number one on the Macmillan podiums if you can.

### Virtually challenged?

This summer, challenge your colleagues to a virtual contest. Set yourself a distance you'd like to achieve and run it on the gym treadmill, or by walking or cycling to work. Ask friends and workmates to sponsor you and set up a webpage to update people on your progress. You could even track your miles at [dailymile.com](http://dailymile.com)

### Win a day off work

It doesn't get much better than this: hold a draw for one person's chance to win the day off work to watch their favourite sporting event. Just charge every participant a fiver – a surefire way to raise lots of lovely cash for Macmillan.

### Xtraordinarily sporting

Get all extraordinary on us and think up something truly wacky to go that extra mile. A space hopper race? A bouncy castle for grown ups? The sky – and beyond – is the limit.

### Yo-yo championships

Show your workmates your yo-yo-ing skills when you walk the dog and spin around the world in front of a paying audience. All the money raised will whirl right over to Macmillan.

### Zumbathon

Encourage your local Zumba® group to take part in a zumbathon to raise money for Macmillan. Bust a move and watch the money mount up.



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### Last but not least

Whatever your fundraising scheme, why not set up an online fundraising page at [justgiving.com](https://www.justgiving.com) or [uk.virginmoneygiving.com](https://www.uk.virginmoneygiving.com) where friends can sponsor you and read all about your progress?

Thank you so much for all your efforts on behalf of people living with cancer. We can't thank you enough for being part of the team.

If you're affected by cancer, or you know someone who is, we're here to support you every step of the way.

### We're always here for you

If you have any questions about living with cancer call the Macmillan Support Line free on

**0808 808 00 00**

Monday to Friday, 9am to 8pm