



Run for fun

Any kind of running race makes for a fantastic fundraiser. You could:

Organise a cross country fun run where participants pay a fee to enter.

These are just a few of our favourites to help get you started.

- Or host an old fashioned sports day and pass a bucket around to the watching crowd (relay races are always popular!).
- Whichever you go for, why not put on seasonal snacks like ice cream cones and cucumber sandwiches? They'll be a great hit with spectators and tired runners alike!



Challenge yourself

Push your limits and get sponsored by friends and family. Ideas include:

Cycle the NC500, one of the world's most iconic coastal touring routes, and explore 500 miles of epic Highland scenery, raising pennies with every pedal push.

Take the 1000 Mile Challenge and whether it's a morning jog, a weekend Parkrun or a major marathon, you'll have a year-long goal that will keep the funds coming in.

Set yourself a goal distance to walk, swim or skate and track your progress with specialist apps like MapMyWalk, Just Swim and Strava.



Indulge in food (glorious food) - all for a good cause, of course! Our suggestions:

- Invite colleagues to make cream-covered cupcakes, gorgeously gooey brownies and jam-packed sponges with every penny going towards defeating drowning.
- Encourage playful, friendly rivalries with a year-long bakeoff challenge. Tasters can score snacks anonymously, and an ongoing leaderboard will keep track of whose cakes are top of the treats!
- Take the largest cake and ask people to guess how much it weighs – for 50p (or maybe £1) a guess.

Give it some welly!

Help defeat drowning with the humble welly - in any number of ways. These could include:

- Have a Wear Your Wellies to Work Day and ask everyone to make a donation.
- Host a sponsored welly walk between two lifeboat stations.
- Ask children to **decorate wellies** for fun then **raffle** off the wellies at a summer fete at their school, scout group or sports team.

thelifeboatfund.org.uk/fundraising (2) @fundlifeboat





