

Challenge a Chum Guide

Challenging your friends or family to take on a sponsored challenge is a great way to utilise your networks!

What you'll need

- Chums! (family/friends)
- A suitable challenge
- Online fundraising pages
- Social media

Getting ready for the event

- Pick a challenge - It could be anything from a 10k run, cycling 100 miles, climbing Snowdon, or anything in between!
- Challenge a Chum - Speak to your friends and family to see who would be up for taking on the challenge with you. The more people you get involved, the better!
- Make a fundraising page - Create Just Giving pages for your chums and send the link to your charity contact at MRF so we can ensure any donations go towards your fundraising target for your challenge/event.



On the day

- Make sure that you are all regularly sharing their fundraising pages with updates on how they've been getting on in the lead up to the challenge.
- Make sure everyone has their MRF branded t-shirt or running vest, and enjoy the event!
- Take plenty of photos to share across your social media to encourage last-minute donations.

Charlotte raised £837.84 by climbing Snowdon with her family!

- Charlotte Roe, Kilimanjaro



The important bits

- If you are taking part in an organised event such as a Half Marathon, you and your chums must purchase your own places in the event in order for any donations to count towards your existing fundraising target for your challenge/event.
- Keep any cash donations you receive safe and pay it in to MRF as soon as you can.

Post event

- Thank all of your chums for taking part and for supporting you with your fundraising.
- If you would like us to provide them with a certificate to thank them for the money they have raised, please speak to your charity contact and they will be happy to provide this.

Top tips

- You could do this multiple times with different networks. For example, you could do a sponsored walk with your family, a 10k with your friends, and a colour run with your work colleagues!

George and Callum raised £2,273.19 by getting all their flatmates to run a half marathon!

- Callum Green & George Escott