

# 24 hour sports event

## Getting ready for the event

**Select a venue:**  
You can look to book a location on campus or a local gym might be willing to help out (especially 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 your participants taking part and get them to contact all of their friends, housemates and society/sports club members to take part.

**Advertise your event -** Advertise the event on social media, encourage participants to invite people they know and make posters to put up around the venue.

## What you'll need

- Venue
- Appropriate sporting equipment
- Sports clothing and footwear
- MRF bucket
- Enough volunteers and participants to last across the 24 hours

## On the day

Make sure the event is set up before the start time with the equipment you need, a bucket for collecting donations and a phone so you can post updates on social media throughout the day. Make sure to thank all of your volunteers and encourage them to share on social media too!

## Post event

Make sure to thank everyone who donated and took part. Post totals of the distance travelled/other stats and the total raised. Bank the money and split it with your team.

## Top tips

- Maximise donations by also running something else alongside this, such as selling cakes (or 'protein flapjacks' if your event is taking place in the gym!).
- The team can use this as an opportunity to get donations from friends and family, and the money raised from general donations / selling cakes can be split between everyone who took part.
- See if you can raise the profile of this event by asking various sports societies to take part (you could have a prize for the fastest individual or further overall distance cycled by a society as a whole).