

Boost your running total



Guess my time

Set up a sweepstake and ask your friends and family to guess what time they think you will finish your run in. Ask for a set donation to take part and get a donated prize for the winner.

Make a terrible playlist

Ask friends and family to donate at least X amount and in return they can add any song they like to your running playlist.

The downside is that you may have to listen to some terrible music for your run!

Wear fancy dress

Ask friends and family to donate at least X amount to suggest a fancy dress outfit for you to wear on race day.

You can pick the winning suggestion out of a hat - we look forward to seeing the pictures!

Get company sponsorship

If you have any connections with local businesses why not approach them and ask if they'd like to sponsor you. In return you can add their logo to your running vest for race day.

Donate the distance

Ask your friends and family to donate the amount that you are running on the day. So for a marathon ask for £2.62 donation or for a half ask for a £1.31 donation.

You might get some very generous donors who will bump up your donations to £26.20 or £13.10!

Share your progress

Keep your supporters updated with your training progress by sharing your training runs.

You can also post pictures or videos to show everyone how committed you are.



www.meningitis.org

Gary raised £328.88 by asking for donations of £2.62 via social media for his marathon!

- Gary Boon, London Marathon