



Sponsored Challenges...take your pick for 2024

During these changing times, can you raise awareness and donations by taking on a sponsored charity challenge?

You may want to fundraising in memory of a loved one, get active to complete a personal fitness goal, or simply have fun with the family. Whatever your motivation, with your help we can continue working for better mental health across our city.

You may already have your own ideas for the challenge, but if not, we hope these suggestions will help you get started. Please get in touch so we can be there each step of the way...



Personal Virtual Challenge

30 day fitness challenge: select a new personal fitness challenge to boost your positivity for the New Year. From cycling, swimming, running, dancing or boxing - choose your activity and commit to 30 days. You could even ask friends, family or work colleagues to join you as a team, helping to gather [online donations](#) from your wider social circles.

30 day morning yoga challenge: focus 15 minutes of your morning and give yourself an extra boost through the day. Find your favourite yoga teacher online (such as “Yoga with Kassandra”) and view free pre-recorded videos, from beginners to advanced - such an easy way to set your intention and stay motivated! Ask loved ones to [sponsor you online](#) throughout the month, perhaps donating £1 for each day completed, or a small lump sum at the end of the challenge.

Virtual cycle to Paris...or anywhere! Have a static bike at home? Go “next level” and pledge to cycle 750km from Manchester to Paris in aid of Manchester Mind, or see just how far across the world you can get. Set up an [online donation page](#) and post regular thematic updates with photos, showing that “I’ve arrived at...” so supporters are with you on the journey, making donations at each stage or when you arrive at your final destination.

Couch to 5k: undertake the classic “couch to 5k programme” in your local neighbourhood. For each day or mile you run, ask friends, family and work colleagues to donate to your [online page](#), adding their messages of support to help you keep going 😊



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Local & Regional Events

Find out about legendary events by visiting the official website and registering your place...

- [Run Heaton Park](#) (Jan-Dec monthly): 5K, 10K and Half Marathon at the stunning Heaton Park
- [Great North West Half Marathon](#) (18 Feb 2024): flat fast route along coastal Blackpool
- [City of Preston 10K](#) (24 September 2024): 10K and 1 mile fun race on a flat route
- [Fleetwood 10K](#) (7 April 2024): perfect for all runners, friendly atmosphere, beautiful setting
- [Blackpool Festival of Running 10K](#) (20 April 2024): flat route along the famous promenade

- [Greater Manchester Swim](#) (18 May 2024): 500m, 1 mile or 3 miles at the iconic Salford Quays
- [Color Obstacle Rush 5K](#) (24 May 2024): less about speed, more about friends and family
- [Tour de Manc](#) (April 2024): ride 50/100/200Km or 100 miles around the Mancunian way
- [Great North Swim](#) (7-9 June 2024): Europe's biggest open water swim, 10,000 participants
- [Windmill Half Marathon](#) (11 August 2024): flat course, Lytham St Anne and Fairhaven Lake
- [Blackpool Run the Lights 5K & 10K](#) (17 August 2024): suitable for fast, slow, young, old

- [Great North Run](#) (8 Sept 2024): 13 mile route around Newcastle crossing the Tyne Bridge
- [Great Manchester Run 10K and Half Marathon \(26 May 2024\)](#): a spectacular running celebration in the heart of Manchester
- [Manchester Half Marathon](#) (13 October 2024): biggest 13.1 mile challenge in the region
- [Manchester Marathon](#) (14 April 2024): flattest UK marathon route, ideal for beginners
- [Parachute Jump](#) (all year): once in a lifetime experience. Jump in tandem with a qualified instructor...they do the work whilst you enjoy the view!

Organised Virtual Challenges

If you're keen to join hundreds of other people across the nation who're committing to a virtual event this year, these online hubs will offer inspiration and plenty of choice. Click on the links and enjoy that lightbulb moment when you find the right event for you...

- [Big Fun Run](#): get active with the family with relaxed and friendly challenge for all ages
- [Race at your Pace](#): choose your own activity, from running, walking, swimming, cycling - there's something for everyone. You can complete the challenge across a month at your own pace, whenever and wherever you like
- [Virtual Runner UK](#): for the serious runner to first time fun racer, take a look at the huge range of virtual events and get ready to kick-start your challenge!
- [Run Things](#): if you fancy an exciting global event, check out "Run Around the World", "Marathon in a Day" or "Run Up to Christmas"

www.manchestermind.org
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Outdoor Adventures

If you prefer a walking, hiking or cycling adventure over 1-4 days, you can organise your own experience, or book with an event organisation (fee includes group leader, insurance and health and safety assurance for participants).

Examples below are a good starting place...

Name of Challenge 2024	Length	Event Date(s)
Yorkshire 3 Peaks Challenge Or undertake the hike independently for free	1 day	April-October 2024
Lake District 5 Peaks Challenge	2 days	April/August 2024
London to Paris Bike Ride	4 days	July/Sept 2024
Coast to Coast Cycle Challenge	4 days	May/August 2024

PLEASE NOTE: whilst we're unable to cover the costs of event fees (please select "self-funded" registration) we can provide a high-quality charity t-shirt or running vest and offer support and encouragement at each stage of the journey!

CONTACT US

If you're keen to undertake a charity challenge in aid of Manchester Mind, or if you've already signed up for an exciting event, let us know your plans and we'll be there for you throughout the experience...

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Thank you for your support this year - we look forward to hearing from you

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