

# Ideas to let your awesome imagination run wild

From discos to dart-a-thons, there's been no end of brilliant activities by fundraisers to help The Royal Marsden Cancer Charity. Here are a few ideas to help inspire you.



## Easy to do

- Quiz night
- We've Got Talent show
- X-factor party
- Dinner dance
- Cake sale
- Dress down day
- Pub crawl
- Race night
- Pamper session
- Raffle
- Cycle / walk to school, college or work for a week
- Sponsored swim
- Treasure / Easter egg hunt
- Face painting
- Football tournament
- Sponsored toddle
- Colouring competition
- Custard or baked bean bath
- Wet sponge competition
- Quiz event
- Grow a beard or moustache



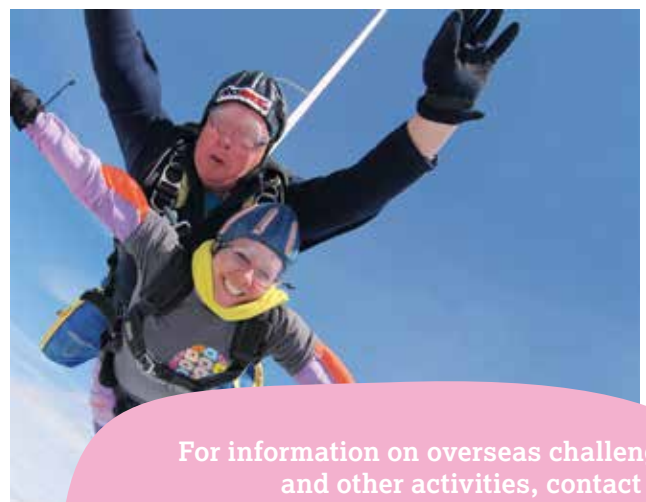
## A bit more challenging

- 5k run
- Karaoke
- Runs – color run, electric run, santa run, Bupa 10,000
- 'It's a knock out' competition
- My Marsden March sponsored walk
- Welly throwing
- Wax the boss
- Tug of war contest
- Office olympics
- Head shave
- Endurance events like Spartan Race and Nuts Challenge
- Sporting event sweepstake
- Sponsored slim
- Organise your own cycle ride e.g. cycle around to all the tube stations in London
- Organise your own run e.g. run to every station on the Jubilee line in 24 hours



## Do something amazing

- Marathon
- Parachute jump
- Overseas treks – trek the Great Wall of China or along the Inca Trail in Peru
- UK treks – Thames Path or South Downs
- Overseas cycle – from London to Paris or across Vietnam
- UK cycle – from Land's end to John O'Groats
- Swim across the English Channel
- London triathlon



For information on overseas challenges and other activities, contact the Community Events Team on 020 8770 0279.

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