



CALON HEARTS UK
THE HEART SCREENING AND DEFIBRILLATOR
CHARITY

CHARITY NUMBER - 1193404

My Char-a-thon



FUNDRAISING PACK



My Char-a-thon



TAKE PART IN A SPORTING EVENT IN AID OF CALON HEARTS

- ♥ This year, why not take part in a sporting event? Your participation will help to raise funds to contribute to our work providing heart screenings accessible to anyone in the UK
- ♥ This could be a race, a fun run, a bike ride, a charity match, a hike, a climb, a swim or even a Zumbathon. There are various ways to raise funds and contribute to groundbreaking research. Join us and together, we can help save lives by keeping more hearts beating across the UK
- ♥ Every three minutes in the UK, somebody loses a loved one to a heart or circulatory disease. These devastating diseases can strike unexpectedly. But, by taking part in My Char-a-thon, we can change this

#MyCharathon

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THANK YOU!



First and foremost, thank you for choosing to support Calon Hearts. We would not be able to carry out our work without people like you! We've put together this pack to help you make the most of your fundraising efforts. From fundraising event ideas to tips and advice, we've got you covered.



Calon Hearts doesn't receive any government funding, which means we rely solely on kind donations from our generous supporters such as yourself as well as our fundraising events.



Every penny you raise will go towards funding public access defibrillators, heart screening sessions and CPR training throughout the UK, so you really will be making a difference and helping us save lives!

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MY CHAR-A-THON EVENT IDEAS

RUN

There are plenty of runs you can take part in, including fun runs and races.

When it comes to running, there's something for everyone. If you're wanting to get the family involved, why not enter a muddy run or an obstacle course race? If you're a little more competitive, a half or full marathon could be a great choice.



CLIMB/TREK

Whether you're super fit or simply like to get out for a walk to keep active, a climb could be the perfect way to raise money. You could climb Snowdon, attempt 10-Y-Fan (climbing up and down Pen-Y-Fan ten times), or really push the boat out with a climb to the top of Mount Kilimanjaro. Climbing with a purpose will give you the strength to push on when things get tough.



GOLF TOURNAMENT

Why not host your own mini golf tournament? You could create your own course on a patch of land or, see if a local mini golf course would be willing to donate their space to you. Ask participants to donate to take part and submit virtual scorecards at the end to determine the winner.



FOOTBALL MATCH

Even if you don't score, this is one match that guarantees you'll reach your goal in 90 minutes. If you've got smaller numbers, why not opt for a game of 5-a-side? Raise funds by charging a player fee and why not let spectators donate to take part in a penalty shootout at the end of the match?

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Marathon Calendar for UK Races 2025 - 2026

March 1st - St David's Day Dragon Run
Aberdare Rhondda Cynon Taf

April 6th - Brighton Marathon
Brighton

April 6th - Southampton Marathon
Southampton

April 27th - London Marathon
London

May 4th - Cardiff 5K
Cardiff

May 11th - Snowdonia Half Marathon
Snowdonia

May 25th - The Swansea 5K
Swansea

June 15th - Barry Island 10k
Barry

July 13th - Snowdonia Trail Marathon
Llanberis

August 2nd - Cybi Coastal Marathon
Anglesey

August 17th - Two Tunnels Marathon
Bath

October 5th - Cardiff Half Marathon
Cardiff

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PREPARING FOR THE EVENT

- ♥ Think about where it is that you want to participate. You could stay local, or you could venture further abroad and make an exciting trip out of your fundraising efforts.
- ♥ When will you be participating? Think about a time that works best with your commitments. Consider what other events or national holidays be going on at the same time.
- ♥ Make sure you're race ready! How can you make the most out of your training? Follow a plan, set yourself small goals and speak to experts or those who have previously been in in your shoes. Importantly, make sure to enjoy it and when times get tough - remember why you are doing it.
- ♥ FUNDRAISE! Spread the word and make sure everyone knows about your event. Social media is also a great way to get the word out. Hold a raffle, a quiz night or even a bake sale.
- ♥ Let us know! We would love to hear about your My Char-a-thon, please tag us on social media
[#MyCharathon](#)

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MAKING THE MOST OUT OF YOUR EVENT

- ♥ Get in touch with local businesses to see if they can help you by sponsoring you or donating a raffle/auction prize. If you are participating in a race, you could get a charity place at a reduced cost.
- ♥ Social media is a fantastic way to spread the word about your event. You can also set up an online sponsorship page using websites like JustGiving.
- ♥ We can arrange some balloons, buckets, collection tins and t-shirts if you need them, please email info@calonhearts.org or call 02922 402670.
- ♥ Once your sporting event is over, please collect the money you have raised and send it in to us. If you would like us to feature you on our website and social media channels, don't forget to tag us! Please send us any photos you have, so we can thank you for all your hard work.
- ♥ Let us know! We would love to hear about you organising a My Char-a-thon event for Calon Hearts, please tag us on social media [#MyCharathon](https://www.instagram.com/MyCharathon).

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GET A FREE HEART SCREENING
BEFORE YOUR EVENT



Once you have signed up for My Char-a-thon, we can provide you with a free heart screening ahead of your event.

For more info, head to calonhearts.org/screening-explained-and-faq

Email info@calonhearts.org or call 02922 402670

#MyCharathon

PAYING IN YOUR RAISED FUNDS



Over the phone with your credit or debit card, please call 02922 402 670



Online with your credit or debit card
at calonhearts.org/donate



By bank transfer
Account name: Calon Hearts
Account number: 48384366
Sort code: 23-05-80
Please use a reference so we know
how to allocate your donation



Send a cheque by post
Please make cheques payable to
Calon Hearts.
(Please include your full name, address
and email if you wish for us to Gift Aid
your donation)

Send your cheque to:
Calon Hearts, Temple Court, 13a
Cathedral Road, Cardiff, Cf11 9HA

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I'M TAKING PART IN MY
CHAR-A-THON FOR
CALON HEARTS



Event:

Where:

When:

Time:

#MyCharathon



THANK YOU VERY MUCH FOR YOUR SUPPORT!

Calon Hearts Temple Court,
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 02922 402 670
www.calonhearts.org

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