

THE MAY 50K



HOW TO RAISE YOUR FIRST £150 IN THE MAY 50K!

The best way to get donations is simply to ask. We've compiled a list of some of the people **YOU** can ask to support your challenge this May.

£50

MUM/DAD

simply for being your parents!

£35

BROTHER/SISTER

as payback for stealing your food!

£30

BESTIE

for having to put up with all their shenanigans!

£25

COLLEAGUE

for keeping them sane at work!

£10

FRIEND

for that coffee date you went on!

#KissGoodbyeToMS