

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!