

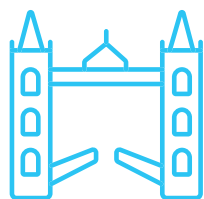
Fundraising guide

TCS London Marathon

2025



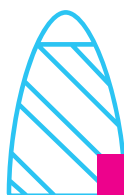
Your guide to raising £2,000



£50

Cake sale

Sell 25 cakes at £2 or charge 10 friends £5 to enter a bake-off competition.



£250

Bag pack £200

Most supermarkets are happy to let you and your friends bag pack for donations, or to collect at the doors. Speak to the manager and request a weekend slot.



£300

Auction of promises £50

From dog walking to DIY, haircuts to car-washing. 5 jobs at £10 each.

£380

Themed dinner party £80

Can you cook up a Mexican feast or an Indian spread? Invite 8 friends to chip in £10 for a delicious meal. Add extra flavour with music, a movie or fancy dress.

£500

Six Nations Sweepstake £120

£5 to enter and bet on winners, results and top try scorer.



£600

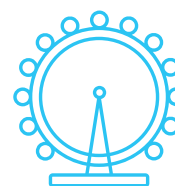
Street/Car Boot sale £60

Have a declutter and sell unwanted items outside your house, at a car boot sale or online.

£800

Curry and Quiz night £200

Invite teams of four to compete in a fun quiz. Charge £10 to enter and provide food and a drink. Ask local businesses or contacts to donate a prize.



£540

Collection tins £40

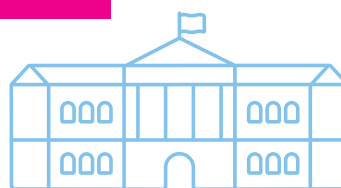
Put our collection cans out in a busy local shop, gym or pub and put a poster up to say why you're collecting.



£1,250

Company logo on your running top £200

Ask a local business to pay £200 to have their logo on your training t-shirt and running top on the big day. Great exposure for them as you pound the streets.



£1,050

Match funding

Many companies will match fund your fundraising up to £250. Ask if they will!

£2,000

Sponsorship and Social shares £750

Spread the word on social media and ask friends and family to sponsor your incredible challenge!



£2,000 – You did it!

You're a fundraising superstar – THANK YOU for all of your efforts for Age UK. Your fundraising will help us to be there for even more older people who need advice, friendship or support.

Need help with your fundraising?

We're here for you every step of the way. Email: fundraise@ageuk.org.uk and we'll get straight back to you.

Don't forget to join the Team Age UK Facebook page for latest team news and tips: www.facebook.com/groups/ageuklondonmarathon2025

Please take a look at our top tips for making your events fun and safe: www.ageuk.org.uk/get-involved/fundraise/health-and-safety

Age UK Advice Line

Age UK's Advice Line is a free, confidential national telephone service for older people, as well as their families, friends, carers and professionals. Our team will give you information that's reliable and up to date and help you access the advice you need. Lines are open 8am-7pm, 365 days a year:

0800 678 1602