

Challenge 24 Ideas



Easy

- **Sponsored Silence:** How about 24 hours of complete silence to raise funds for Secret World - parents and teachers will love this one!
- **Birdwatch:** Identify 24 wild birds and list where you saw them - you have 12 hours to complete this challenge!
- **Cake Baking:** Could you bake a 24 inch cake or 24 cup cakes? Why not invite all of your friends around for a coffee morning and ask them for a donation to sample your delights!
- **Senior Citizens Bus Pass Trek:** Get together with a friend or two and see how far you can travel on your bus pass, could you make short trips on 24 buses in one day! Ask your friends and family to sponsor you travels.
- **Sponsored Walk/Run:** Walk, hop, skip or run 24 laps of your playground or sports field or for an extra challenge could you hop, skip or jump some of those laps? Take your dog for a very long walk...24 circuits of the park!
- **24 Events in 1 Day!** Why not to try to organise 24 events in one day - anything from face painting to stalls to sponsored events.
- **Swimathon:** Organise a sponsored swim at your local leisure centre or pool - could you swim 24 lengths or have you got 24 school friends that could swim a length each?
- **Plant/Wildlife Identification:** Identify 24 trees and wild plants/animals within a 12 hour period.
- **Pub Quiz:** Why not enquire at your local pub to see if they will help you organise a pub quiz for Secret World Wildlife Rescue - the quiz could consist of 24 questions or could take place for a few hours each time over period of time to make up 24 hours.
- **24hr dress down day:** Fancy a change from being suited and booted? The perfect simple challenge you can participate in at work. Ask your workplace if you and your colleagues can 'dress down' for a period of 24 hours spread over a period of a week or month. You could ask your company to Match the level of sponsorship you raise.
- **Car Wash:** Why not get a team together and do a car wash and raise money for Secret World - you could wash 24 cars or compete against your friends to see how many you can wash in 24 minutes.
- **24 House Garage Sale:** Why not ask your neighbours and other residents in your street to join in a garage sale – a great urge to clear some space!
- **24hr Read-a-thon/TV Film-a-thon:** See if you can read 24 books cover to cover or for an extra challenge a non-stop 24 hour read-a-thon! Could you watch 24 films back to back?

Medium



- **Running Wild/Break Out:** How far from your starting point can you get in a 24hr period without spending any money on travel? Your route and destination must be planned in advance and you could use any means of transport! This is the perfect challenge for companies looking for team building exercise. For safety, we recommend you undertake this event in pairs or a group and do not be tempted to hitchhike!! (*Please note the min age for this challenge should be 18*).
- **Rollercoaster Challenge (not for the faint hearted!):** Planning a trip to a theme park over the summer? Why not challenge yourself to ride a rollercoaster 24 times!
- **24hr Roller-skate or Ice-skate:** Get your skates on and organise a session at your local ice skate rink or skating park. You could ask 24 people to participate with you or try asking the rink if they would stay open for a 24 hour skate off!
- **Sponsored Cycle Ride:** Get out into the fresh air and take a cycle ride through the open countryside. Attempt 24km or miles in one go or for an easier option why not try 24 laps of a short circular route. For a wealth of different cycle routes throughout the UK check out www.cycle-route.com
- **Stag or Hen Celebrations!** Know someone who's getting hitched with a stag/hen night to plan? The perfect excuse for your celebrations to last longer.... get sponsored for a whacky fancy dress idea, a paintball, go-karting or golfing activity. Try and involve your local public house for a sponsored pub quiz or karaoke night. Can you stay awake and make the celebrations last a whole 24 hours!
- **24hr Sponsored Fast:** A fast is a good start to a detox or just to give your digestive system a break! Do remember to take plenty of fluids during a fast and seek the advice of a GP if you have an ongoing medical condition.
- **24hr Waxing..Ouch!** One definitely for the brave hearted....why not get sponsored to get a chest back or leg wax.... try and get 24 people to join in!
- **Beach clean/litter picking:** Get together with a group of friends and pick up litter or clean up an area of beach. Sponsorship can be for how long you work or how many bags of rubbish you collect. Can you collect 24 bags of litter to help Secret World and the environment?
- **Historical Trek:** Wells Cathedral, Glastonbury Tor, Dunster Castle, Stonehenge? How many sites of historical interest can you visit in 24-hours? Get sponsored and take photos to prove you've been there.
- **Fitness 24:** Can you get together a team of 24 people and take part in a sponsored fitness event... running, rowing, dancing, aerobics, squash or badminton to name but a few. Could you partake in several fitness challenges over a 24 hour period?
- **24 Hole Golf Competition:** Can you get together a team of people to take part in a 24-hole golf competition, maybe get two teams and compete to see who can get the most funding!
- **Fancy Dress Pub Crawl:** Can you get together two teams of 12 people to dress up and take part in a pub crawl. You can even compete to see who raises the most money!

Difficult!



- **Three Peaks Challenge:** Your Three Peaks Challenge takes on the highest mountains in Scotland, England and Wales all within 24 hours. The trek covers 40kms and involves 2,984m of ascent and descent. Two dates are available for this exciting event in 2010 - 2nd July and 6th August. For further information and to book a place visit www.charitychallenge.com or Tel: 020 8557 0000 and quote 'Secret World Wildlife Rescue'.
- **Jurassic Coastal Walk:** Why not get sponsored to take a walk with friends and try to complete all or part (24 miles of 24km) of the Jurassic coastal walk. The Jurassic coastal path covers 95 miles of truly stunning coastline from East Devon to Dorset, with rocks recording 185 million years of the Earth's history. More information and maps can be found at: www.jurassiccoast.com
- **"24hr Bike Endurance Race":** All new for 2010, this is the UK's first and only 24 hour mountain bike endurance race for solo riders taking place on the 22nd and 23rd May 2010 in Newcastle, Scotland. For more information visit www.sip-events.co.uk.
- **Hadrians Wall:** 73 miles (or 80 Roman miles) long and the largest Ancient Monument in northern Europe, Hadrians Wall spans England's peninsula between Wallsend, near Newcastle upon Tyne in the east, and Bowness-on-Solway on the west coast. Why not spend 24 hours exploring this beautiful National Trail, visit www.hadrians-wall.org for lots of different walking and cycling itineraries.
- **Nightrider 100km London Charity Ride:** On Saturday 19 June 2010 up to 300 cyclists will embark on the Nightrider, a 100km charity cycle ride that takes place at night, with up to 300 cyclists riding to raise money for charity. Cyclists will set off at 11pm and follow a circular itinerary past over fifty of London's most famous landmarks. Organised by Classic Tours.... full support and back up will be provided by the organisers. Places are limited and are selling fast. Find out more at www.classictours.co.uk and select Open Challenges.
- **Adventure Race Grand Canyon 24hr Ultra Marathon (19th-26th September 2010):** 126km - 3 marathons - in 24-hours. This fantastic new ultra marathon race will be run in 24-hours across the vast, wild and remote area of the Grand Canyon North Rim. The North Rim remains untamed and isolated and very few visitors attempt to visit, so you and your fellow ultra runners can expect to encounter a remoteness now rarely experienced in daily life. You will be self reliant - carrying your food, water and survival equipment. Water stations will be set at regular intervals, and medical staff will be positioned along the route for support if necessary, but otherwise it's you against the other contestants and the elements. For more information visit www.acrossthedivide.com or Tel: 01460 30456.
- **Adventure Race Namibia 24hr Ultra Marathon 126km 24 May 2010 to 31 May 2010:** The ultimate endurance test of distance runners...126km - 3 marathons - in 24 hours. You will adventure race 126km in 24 hours across the vast expanse of desert, through the endless space of gravel plains framed by distant ridges and mountains, all under the clearest of blue skies during the day and a full moon during the night. This challenge can also be undertaken as a relay for corporate teams of 6 people. For more information visit www.acrossthedivide.com or Tel: 01460 30456.
- **Brecon Four Peaks:** Could you get sponsored by 24 people and raise money for Secret World with your feet. Known as the Horseshoe Walk... this circular route traverses four peaks, including the highest in South Wales. It covers a distance of 8.8 miles, takes approximately 3 hours and is classed as moderately difficult. For more information visit www.walkscene.co.uk/description_51