



# Room to Reward

Putting the FUN in fundraising

We want to have a minimum of 2 members of staff to take part in a local fundraising event and R2R would be the lucky beneficiary





100%

Of volunteers reported  
an improvement in  
their well-being



80%

Of volunteers felt  
more committed to  
their organisation



90%

Of volunteers think  
R2R helps boost  
morale



67%

Of Volunteers reported  
an improvement in  
their mental health

*"Sometimes in life you don't realise what you've achieved until somebody else says 'Hey - look what you've done!' That's what the nomination to Room to Reward gave to me. It made me think: 'Wow, I really have done something here that made a difference.' I'm so grateful, we still talk about it."*

*Mandy – Macmillan Caring Locally – Hidden Hero*



There's lots of different ways that teams can get involved and we have listed some events local to each property.



It doesn't have to be sport related, but these are ones that are already in place and cut out the effort of having to organise something yourselves





The most important thing is that everyone has fun and they understand that this is a great thing that they're doing and they WANT to be involved. There are also massive physical and mental health benefits as well!



Whatever amount of funds people raise, they have to know that it will make a huge difference to so many people



## Brighton

Brighton Half Marathon  
Brighton Marathon  
Eastbourne Half Marathon  
Eastbourne Triathlon  
South Coast Challenge  
Brighton and Hove Triathlon  
Brighton Trail marathon  
The Madehurst 5k and 10k  
Ironbourne Triathlon



**Multiple dates throughout  
the year**

## Bristol

Cheddar Gorge Challenge  
Cardiff Triathlon/Duathlon  
Bristol Triathlon  
Wild Boar Middle/Olympic  
Newport Sprint and Olympic  
The First Tri  
Beyond Cotswold Triathlon



**Multiple dates throughout  
the year**

## Southampton, Christchurch, The King's Arms

Winchester Triathlon  
Salty Sea dog Triathlon  
Sandbanks sprint Triathlon  
Swanage bay Triathlon  
Original Swanage Triathlon  
Weymouth Classic  
Weymouth Triathlon



**Multiple dates throughout  
the year**

## Guildford, Richmond

Winchester Triathlon  
Guildford Triathlon  
The Fox Marathon  
Hard as Snails  
Loseley Park  
Thorpe and Eggham 10k  
Guildford Fun Run  
Richmond Runfest  
Richmond Park Run



Richmond Marathon  
Richmond Half Marathon  
KEW The Run  
Richmond Park March  
The Omen 66.6  
Downslink Ultra  
London to Brighton

**Multiple dates throughout  
the year**



## St Ives, Padstow, Fowey

Southwest Traverse  
Endurance classic quarter  
An Res Hellys  
Swim Festival  
Cousin Jack classic VI  
Atlantic Coast Challenge  
Falmouth Half Marathon  
Coast to Coast Copper Trail  
Twilight Run  
Southwest Traverse  
Smugglers Scuttler  
Cardinham Half Marathon



Twilight Sibley Back Lake Run  
Marathon The Bodmin Way  
Indian Queens Half Marathon  
The Dark Dart Dash  
Hokey Cokey Swimrun  
Eden Project Marathon/Half  
Saltash Half Marathon  
Trilateral 40  
Saints Way Ricochet  
Ready Money Ramble

**Multiple dates throughout  
the year**

## Salcombe, Harbour Beach Club, Sidmouth

Torbay Triathlon spring  
Dartmouth Triathlon  
English Riviera Swim  
Race the Tide  
Tsunami Ocean Trails  
Devon Coast Challenge  
Jps Exe to Axe  
Sidmouth 10k  
Bradleys Exmouth 10k  
Exmouth Triathlon  
Clinic Maer 10k/half marathon  
Exmouth Open Water Sprint Tri



**Multiple dates throughout  
the year**

## Chichester

Chichester Half Marathon  
Chichester Lake Triathlon  
Natures Way Triathlon  
Race To The King  
Inflatable 2.5k/15k  
Inflatable  
South Downs Off Road 1/2  
Running Grand Prix



**Multiple dates throughout  
the year**