



**MOVE
AGAINST
CANCER.**

**MOVING
MORE
TOGETHER**

24 Sports in 24 Hours

The Moving More Challenge

Fundraising Toolkit

[Set up your fundraising page](#)
[click here](#)

This toolkit is ready to help anyone anywhere to run their own 24 Sports in 24 Hours challenge and help raise vital funds for supporting people to move against cancer. Get ready to get active and show more communities what movement and sport can do for people living with and beyond cancer.

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**FUNDRAISING
REGULATOR**
RHEOLEIDDIWR
CODI ARIAN

Charity No. 1165675



The idea

Gather a small group of people motivated to support those impacted by cancer and compete 24 different sports in just 24 hours. Each sport will get you and your community moving and will showcase some of the different ways we can move against cancer. From running to swimming, from dancing to yoga - all movement matters. Create a fun day of sports, community and moving more together.

Why it matters

Exercise is one of the most powerful tools available to people living with and beyond cancer yet it remains underused. This challenge raises vital funds for MOVE Against Cancer charity, raises awareness of the role of movement in cancer care and celebrates the facilities, clubs and individuals that make active communities possible.

Who takes part

An individual or core team completes all 24 sports. For each sport you can invite friends, family and colleagues to get involved. Why not connect with local sports clubs and exercise groups to move more together. The more the merrier. This isn't a race. It's a celebration of community sport and moving more together.



How your 24 hour challenge could look

9:00am Saturday - Start with your community.

Why not start off with your local 5k Your Way group, moving on the last Saturday of every month? An inspiring community of people impacted by cancer, ready to cheer you on from your very first step.

Keep moving - every hour counts.

A new sport every hour so why not try new venues? Get moving in different locations throughout the day. Partner with local clubs or teams in advance so they are ready to welcome you and your team to get moving more together.

Through the night - plan ahead and move your way.

The late night hours are the hardest (and the most memorable). Think indoor classes, gym sessions or yoga as the sun comes up. Lean on your team. However, remember you must build in time to rest and sleep. it doesn't have to be one sport every single hour - just 24 in 24!

Nearing the finish line.

Finish at a local event or a run around your local park. Cross the finish line surrounded by family, friends and colleagues. A joyful, life-affirming end to 24 incredible hours.

Who, what and where?

Want to take on the challenge with family, friends, at your workplace or with your school or college? Why not adapt the 24 sports to your own community e.g. school sports days, team away days, family get-togethers. The challenge can be created to include 24 sports in many different ways.



Remember you don't have to be active in every single hour throughout the 24 hours - just do 24 sports within 24 hours. Sports can be as easy or as challenging as you need them to be (from egg and spoon races to taking over a sports hall for a game of basketball with colleagues). Move in the ways that are right for you and your community.

What your 24 sports could include

Plan to move your way throughout the day. Mix and match your sports based on what's available in your community and aim for variety – indoor and outdoor, team and individual, day and night.



Running
Rowing
Swimming
Cycling
Cricket
Rugby
Football
Tennis
Golf
Squash
Bowls
Pilates
Athletics
Basketball
Yoga
Climbing
Badminton
Table Tennis
Netball
Gym/Fitness
Martial Arts
Dance
Padel/Pickelball
Walking



Planning checklist

Allow 4-8 weeks to plan your challenge. Work through these steps in order.

1. Choose your date. April to October works well for outside activities; aim for more indoor activities during the rest of the year.
2. Map out your 24 sports and venues carefully to be able to complete them in 24 hours. Why not contact local clubs and facilities to gain their support and find times to move together.
3. Register your fundraising page at moveagainstcancer.org and set a fundraising target.
4. Recruit your core team (2-6 people is ideal), all of whom are motivated to support people impacted by cancer.
5. Connect with your local 5k Your Way group if there's one nearby - a great way to start your day of sport.
6. Plan transport and logistics between venues. A dedicated support team is a big help.
7. Invite local people living with and beyond cancer to join for you for some of the sports. Connect with local cancer support networks.
8. Brief each venue to promote the challenge on social media and welcome participants on the day.
9. Prepare a local council and leisure facility pitch — explore how fundraising can support movement and cancer care in your area.
10. On the day capture all the fun and activity. Photos and videos from each sport fuel your fundraising page and social media posts.

Got questions or want to know more?

Email Sophie, our Fundraising Manager: fundraising@movecharity.org and she'll be happy to help!

Ready-to-use social media messaging

You can amend and use these draft posts on Instagram, shorten them for X and include links if posting on Facebook.

Launch post

COPY & PASTE

We're taking on the ultimate community sports challenge – 24 sports in 24 hours – to raise funds for @moveagainstcancercharity. From [SPORT 1] to [SPORT 24], we'll be moving across [YOUR TOWN] for 24 hours straight. Every step, stroke and sprint is for everyone living with and beyond cancer. Follow our journey and please donate at the link below.

Venue shoutout

COPY & PASTE (POST AFTER EACH SPORT)

Hour [X] done! Huge thank you to @[VENUE] for welcoming us for [SPORT]. This is exactly what community sport is all about. We're raising money for @moveagainstcancercharity – exercise is medicine and today we're proving it. Donate link in bio.

Finish line post

COPY & PASTE

WE DID IT. 24 sports. 24 venues. 24 hours. We crossed the finish line this morning surrounded by the most wonderful people. This challenge showed us what our town is made of. Please donate to @moveagainstcancercharity– every pound funds vital support for people living with and beyond cancer.

Outreach to local clubs and sports facilities

COPY & PASTE

Dear [Name], I'm organising a '24 Sports in 24 Hours' fundraising challenge for MOVE Against Cancer on [DATE] and would love [VENUE] to be part of it. We'd spend approximately one hour at your facility, participating in [SPORT] with a small group. We'd shout about you on social media, promote your club as part of our community and invite local people – including those living with cancer – to join us. It would be a wonderful opportunity to show what [TOWN] has to offer. Would you be open to getting involved? I'd love to chat further.