



NORTH SOMERSET ATHLETIC CLUB 24 HOUR GRAND PIER RELAY 2016 ATHLETE SPONSORSHIP DETAILS

Thanks to previous efforts, Phase 1 of our facility at Clevedon has been completed, and equipment has been purchased for use across the Club and Academy.

We are attempting to raise around £100,000 within the next three years to allow us to proceed with the full build (Phase 2). Our first major event is with the fourth running of the 'unique' 24 hour relay on Weston-super-Mare's Grand Pier. We are keen to maximise this superb event by raising as much money as physically possible. One of the ways is through the Athletes raising sponsorship themselves. Rather than just leaving you to do it, we would like to offer a series of targets and rewards!

For an Athlete to take part in the event, we would request a payment/ minimum sponsorship of £10.00 be made to North Somerset Athletic Club. All other events charge for entry, and we feel this should be no different, particularly as the proceeds are going towards something that will benefit us all! In addition...

- ✓ Any Athlete raising £30.00 or more will be presented with an 'event t-shirt' to commemorate their efforts (money to be raised and handed over prior to receiving this!)
- ✓ An Athlete raising £60.00 will be presented with an engraved bronze medal mounted within a presentation box, as well as the aforementioned t-shirt (money to be raised and handed over prior to receiving this!)
- ✓ An Athlete raising £90.00 will be presented with an engraved silver medal mounted within a presentation box, as well as the aforementioned t-shirt (money to be raised and handed over prior to receiving this!)
- ✓ An Athlete raising £120.00 will be presented with an engraved gold medal mounted within a presentation box, as well as the aforementioned t-shirt (money to be raised and handed over prior to receiving this!)*

- ✓ An Athlete raising £150.00 will be presented with an engraved glass trophy, as well as the aforementioned t-shirt * A special mention will be made within the newspapers/on website etc of this effort (money to be raised and handed over prior to receiving this!)

To give you some idea of numbers, if we can get 250 Athletes involved, and each raises £30.00, then we are looking at a £7,500 event (before Corporate sponsorship etc). We will be raising awareness massively within the next few weeks, which should make it easier for you to speak to family, friends, teachers, work colleagues etc for a couple of pound towards this.

PERSONAL CHALLENGE

An issue that always arises is with setting a personal target. If you are raising money, then 'running on the Pier' probably isn't enough! Why not use the table below to set your own personal target, and advertise this, eg "I am going to run 10 laps of the Pier in my hour slot, and that is 7 kilometres (4.3 miles)" sounds much better!

LAPS	1	2	3	4	5	6	7	8	9
KMS	0.7	1.4	2.1	2.8	3.5	4.2	4.9	5.6	6.3
MILES	0.43	0.86	1.29	1.72	2.15	2.58	3.01	3.44	3.87

LAPS	10	11	12	13	14	15	16	17	18
KMS	7.0	7.7	8.4	9.1	9.8	10.5	11.2	11.9	12.6
MILES	4.3	4.73	5.16	5.59	6.02	6.45	6.99	7.43	7.85

- ✓ If you want to attempt a 5km run, you would need to run 7 (and a bit) laps
- ✓ If you want to attempt a 10km run, you would need to run 15 laps (Age 10+, spread over minimum 2 hours)
- ✓ A 10 mile run would need 24 laps (Minimum age 12+, spread over minimum 2 hours)
- ✓ A half-marathon (13.1 miles) would need 31 laps (Age 15+, spread over a minimum 3 hours)
- ✓ A full-marathon sees you running an incredible 62 laps (Age 18+, spread over a minimum 5 hours)

Within the bounds of safety, you are welcome to complete a lap in any wacky way you see fit! So use your imagination, and include this in your plan (Check with us first, obviously!)