

My “Marathon”

A Personal Challenge for
Christian Aid 2022



Christian Aid Week

15-21 May 2022

My “Marathon” – A Personal Challenge Q&A

Q - What is it ?

A - A challenge to walk, run, jog, step or dance the approximate distance of a marathon – 26.2 miles, 42 km or 55,000 steps in early May.

Q – Do I need to do it all by myself ?

A – No. You can be part of a team with each member covering part of the distance.

Q – Can children take part ?

A – Yes. Families or groups of friends can make up a team.

Q - Does everyone in the team need to cover the same distance or over the same route ?

A – No. Teams can complete the marathon bit-by-bit in smaller chunks on different days and different routes over the 3 weeks.

Q - When is it to take place?

A - At any time during the first three weeks of May, finishing on the last day of Christian Aid Week, May 21st.

Q – Who manages the team ?

A - Each team will have a team captain responsible for choosing the team’s name, the category, and for recording the total team distance

Q - Will there prizes ?

A - No. The only winner will be Christian Aid.

Team Categories – this is really up to each team, but suggestions include –

Walkers	Runners	Mixed
Families	Individual	Fancy Dress
Ladies	Men	Junior (Primary School)
Junior (Secondary School)		Young Senior (under 45)
Old Senior (45+)		Dancers
	Pet Walkers	



Christian Aid Marathon? Yes, You Can!!

Says Stewart Smith !

This idea for this year's Christian Aid Week has grown out of the walk during last year's Christian Aid Week, when Jim Gray and I set ourselves to walk round the loch at the Heritage Park 80 times. We managed that by doing 5 laps a day, whatever the weather and we raised a remarkable amount of money for Christian Aid through what's called "Just Giving". You let people know about your plan and they will donate on-line.

Don't be put off by the idea of a "Just Giving Page". That was the big hurdle for me, not being highly skilled in computers and never having done it before. But it's not hard to do and the organising team at the Church are able to give you all the help you need. In short, don't be afraid to try this new way of supporting the great work of Christian Aid across the world. You can do it!

Registration Form

You can download the Registration Form from the church Facebook page - <https://www.facebook.com/EKOLDPC/> or the church website – <https://ekopc.org.uk/> and forward the completed form to the church office at ekopc.office@btconnect.com

You can also complete the enclosed form and post it through the office letterbox or hand it in at the church door on Sundays.

How to set up Just Giving for your Team

Click on the JustGiving page - <https://www.justgiving.com/> and select “Start Fundraising”.

Select “A Charity”, (at this point you may have to login to an existing Just Giving account or, if you are new to this, select SIGN UP) . After this step enter Christian Aid in the Search box and select Christian Aid Week 2022.

Go to “Doing your own thing” and click Start. You can choose your own title for the challenge, your own photo for the cover and your target for donations. When you’re finished filling in the details then click “Create your page”

You’re now ready to join the Church Just Giving page at - <https://www.justgiving.com/team/EKOPC?invite=true>

All the donations to your page will then show up on the collective Church page so that we can all see the Grand Total. Visit <https://www.christianaid.org.uk/> for information on Christian Aid or the Church Office if you need help setting up your page ekopc.office@btconnect.com or 01355 279004

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