

? Frequently asked questions

You September have other questions about the upcoming challenge. Check out our FAQs on our website here - www.sands.org.uk/Walk-100k-September for the answers. If your question isn't answered please email us at walk@sands.org.uk.

How do I raise money?

Your online fundraising page was set up for you when you registered. Check your email inbox to find your confirmation and fundraising page link. It's really easy to share the page link with your family and friends.

If you would like, you can set up a fundraising page on another online platform, we recommend JustGiving.

Go to justgiving.com/campaign/walk100ksept2026

Will I get a reward?

Everyone who raises £175 or more will receive limited medal and certificate after the challenge ends. You don't need to do anything to get this. Everyone will receive a digital certificate sent to your email after the challenge ends. If we need any extra details from you, we'll be in touch. If you move house, please let us know by emailing walk@sands.org.uk.

My family want to do the challenge with me. Can they have t-shirts?

No problem! Simply ask them to fill out the registration form on our website here sands.org.uk/Walk100kInSeptember and we will send them fundraising packs and t-shirts.

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: sands.org.uk/sponsorshipform

Do I have to run my kilometres?

It's up to you! We think most people will walk the kilometres, but if you want to complete them a different way, then go for it! Just be sure to post your progress and updates on your Fundraising page so friends and family can cheer you on and we can see how you're doing too!

How do I keep track of how many kilometres I've done?

Track your kilometres on our brand new walking app, and download it here: <https://fundraising.sands.org.uk/Septapp>

Log into the app and follow these steps:

- Tap the purple + button (bottom right on any screen)
- Choose "Log a walk manually" if you've already done your walk, enter your kilometres using any tracker app on your phone or smart watch
- Or select "Start a live walk" to track it as you go and click save when you have finished your walk.
- Your km's will automatically add to your challenge progress on the app and your fundraising page activity tracker

Once you're home, use the tracker on the reverse of this sheet to record how many kilometers you've completed and see your tally add up!

Where will my friends' money go?

Directly to us at Sands. All donations added to your page will automatically be sent to Sands. You don't need to do anything or have to worry about this. It happens automatically through your fundraising page.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the distance - we trust you! You can post videos, pictures and updates on your fundraising page though. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

Download our app



sands.org.uk/walk-100k-september