



**BEAT THE MEDALLIST
NO RISK NO COST
INDIVIDUAL & TEAM CHALLENGES**

Dear Events Team

Since 2012, GB Olympians have been delivering live, human interaction, fundraising events in safe, outdoor, covid-19 secure environments, **and at no stage have charities ever had to pay any entry fees in advance, this policy continues with our new challenge series.**

WHO WE ARE:

Legacy 300 is an athlete led purpose movement which since 2012 has as of 04/10/2023 raised over £531K in direct donations to good causes through the staging of experience days, hosted by GB Olympic Gold Medallists.

**NEW FOR 2022: BEAT THE MEDALLIST
INCENTIVISING FUNDRAISING:**

- We are adding FUNDRAISING CHALLENGES to each event.
- The host Olympic Athlete will establish a time on the day for people to try and surpass.
- In addition to any contribution made above and beyond the entry fee by the participant they can encourage friends, family, and colleagues to support them in their quest to Beat the Medallist.
- Fundraising will GENERATE TIME BONUSES, giving people the chance to Beat the Medallist.
- This will be by donation page and a general event specific Buy Now auction of sporting and lifestyle memorabilia and experiences.

Workload for you:

- All that you need to do is make these events part of your conversation with supporters.
- Individual supporters can participate and fundraise for you on our shared experience days in 2022/23.
- Participants pay entry fee to us (I believe this looks better on your figures?) and the fundraising goes direct to you. **There is no need to pay for places in advance.**
- There are exclusive experiences available to corporates for their individual members of staff to fundraise and try and Beat the Medallist see section two and three.

WE ARE HERE FOR YOU: SO PLEASE DON'T HESITATE TO USE US:

- The accompanying email contains links to our social media pages, videos etc.
- If any queries from prospective purchasers, just include us in the email and we can answer.

CONTACT DETAILS / RESEARCH:

- I am on 07866 316 228 during office hours, please text me if no answer.
- Or can be contacted via email on david@legacy300.com
- The project is detailed on www.legacy300.com/about-us and the photo albums of www.facebook.com/legacy300.
- References from the good causes that have benefited from this project see www.legacy300.com/goodcauses are also available.

**Best Wishes
David Cotton**

LEGACY 300 / One Sporting World / One Sporting City

SECTION ONE: INSPIRING INDIVIDUAL SHARED EXPERIENCES AND DAUNTING CHALLENGES



BEAT THE MEDALLIST: TRACK CYCLING VIP TRACK CYCLING CHALLENGE

EXPERIENCE DAY Hosted by a GB Gold Medal Winning Track Cyclist.

Venue: London: Lee Valley Velo Park / Glasgow

Date Spring 2023

Autumn 2023

Times: 12.30pm each listed date

DATES	VENUE	ENTRY FEE PER PERSON
20 th Oct 2022	Lee Valley Velo Park London	£230 + VAT
29 th March 2023	Lee Valley Velo Park London	£230 + VAT
19 th Oct 2023	Lee Valley Velo Park London	£230 + VAT

More dates subject to charity demand.

Full event details can be found on www.legacy300.com/events

IMAGES ETC:

https://www.dropbox.com/sh/y3zngjez4vwjel1/AACiVIU_HOahJSBo5G_G-5vNa?dl=0 or download from the timeline of www.facebook.com/legacy300

VIDEO:

Provide the contact details / links to get people to contact you and we will do your charity a bespoke video to host or we can place it on our You Tube / Vimeo accounts <https://vimeo.com/754418856>

If your [#charity](#) [#sportsclub](#) [#goodcause](#) are fundraising through the Beat the Medallist project, the following is to cut and paste, adding YOUR contact details and the initial payment you want from your supporters, we recommend £100 mark up and they we will get them to set up a donation page (please give us your preferred platform) and then they can promote this to their friends and family.

BEAT THE MEDALLIST - TRACK CYCLING

Lee Valley Velo Park

12.30pm / 1.45pm / 3pm

Calling all Cyclists: This is the chance to take part in a unique fundraising challenge, the chance to participate in a VIP Day at the London Velodrome and take on a GB Gold Medallist in a Flying Lap contest. On the day the gold medallist sets a time, you set a time, and the fundraising you do for us gives you time bonuses and help you...Beat the Medallist, fundraising is done through a donation page and a buy now central auction page replete with sporting experiences, memorabilia and VIP Lifestyle experiences, which all make great Christmas gifts. The experience last three hours and you also get to participate in a medal ceremony, buffet and Q and A with the athlete, receive signed souvenirs and have photos of the day for your social media. All equipment, including bikes, is provided. Your host will be drawn from GB gold medal cyclists aiming for Paris 2024 previous days have been hosted respectively by Elinor Barker, Philip Hindes, Shanaze Reade, Charlie Tanfield, Joe Truman, Callum Skinner and Dani Rowe.

Cost xxx

To enter please call xxx xxx xxx

OUR ENTRY FEE: £230 + VAT PER PERSON



**BEAT THE MEDALLIST: ROWING:
VIP ROWING CHALLENGE**
EXPERIENCE DAY Hosted by GB Rowers.

Venue: Henley on Thames
Time: Afternoon 12pm onwards

DATE	VENUE	ENTRY FEE PER PERSON
Sun May 14 th 2023	Henley	£75+ VAT SINGLE SESSION
Sun October 8 th 2023	Henley	£75+ VAT SINGLE SESSION

Full event details can be found on www.legacy300.com/events

IMAGES ETC:

https://www.dropbox.com/sh/y3zngjez4vwje1/AACjVIU_HOahJSBo5G_G-5vNa?dl=0 or download from the timeline of www.facebook.com/legacy300

VIDEO:

Provide the contact details / links to get people to contact you and we will do your charity a bespoke video to host or we can place it on our You Tube / Vimeo accounts <https://vimeo.com/562966294>

If your [#charity](#) [#sportsclub](#) [#goodcause](#) are fundraising through the Beat the Medallist project, the following is to cut and paste, adding YOUR contact details and the initial payment you want from your supporters, we recommend £100 mark up and they we will get them to set up a donation page (please give us your preferred platform) and then they can promote this to their friends and family.

BEAT THE MEDALLIST - ROWING

Henley on Thames

12.00pm

Calling all Rowers: This is the chance to take part in a unique fundraising challenge, the chance to participate in a VIP Day and take on the GB Rowing Medallists in a sprint contest. The experience last two hours and you also get to participate in a Q and A with the athlete, receive signed souvenirs and have photos for your social media. All equipment is provided.

On the day the rowers set a time, your boat of three joined by a GB Rower sets your time during your trip on the water, and the fundraising you do for us gives you time bonuses and help you...Beat the Medallist.

Fundraising is done through a donation page and a buy now central auction page replete with sporting experiences, memorabilia and VIP Lifestyle experiences, which all make great Christmas gifts.

Cost xxx

To enter please call xxx xxx xxx



BEAT THE MEDALLIST: RAFTING: VIP White Water Experience

Venue: Lee Valley
Dates: Spring 2023 / Autumn 2023
Time: 11.30am onwards

THE OLYMPIC COURSE

DATE	VENUE	INDIVIDUAL ENTRY FEE	RAFT of 8 ENTRY FEE
Sunday 25 th June 2023	Lee Valley Water Sports Centre	£125 + vat	£850 + VAT
Friday 8 th Sept 2023	Lee Valley Water Sports Centre	£125 + vat	£850 + VAT
Friday 29 th Sept 2023	Lee Valley Water Sports Centre	£125 + vat	£850 + VAT

Full event details can be found on www.legacy300.com/events

IMAGES ETC:

https://www.dropbox.com/sh/y3zngjez4vwjel1/AACjVIU_HOahJSBo5G_G-5vNa?dl=0 or download from the timeline of www.facebook.com/legacy300

VIDEO:

Provide the contact details / links to get people to contact you and we will do your charity a bespoke video to host or we can place it on our You Tube / Vimeo accounts <https://vimeo.com/562966294>

If your [#charity](#) [#sportsclub](#) [#goodcause](#) are fundraising through the Beat the Medallist project, the following is to cut and paste, adding YOUR contact details and the initial payment you want from your supporters, we recommend £100 mark up and they we will get them to set up a donation page (please give us your preferred platform) and then they can promote this to their friends and family.

BEAT THE MEDALLIST - RAFTING

Lee Valley White Water Centre

Friday 30th Sept 2022 / Sunday 25th June 2023 / Friday 8th September 2023 / Friday 29th September 2023
12.00pm

Calling all adventure seekers: 9th September is the first chance to take part in a unique fundraising challenge, the chance to participate in a VIP Day and take on the course record set by the GB Slalom Canoeists over the rapids at the Olympic White Water centre. With this time as your target, on the day your raft of eight will be joined by a GB Slalom Canoeist and sets a time, and the fundraising you do for us gives you time bonuses and help you...Beat the Medallist. Fundraising is done through a donation page and a buy now central auction page replete with sporting experiences, memorabilia and VIP Lifestyle experiences, which all make great Christmas gifts. The experience lasts two and a half hours and you also get to participate in a Q and A with the athlete, receive signed souvenirs and have photos for your social media. All equipment is provided.

Cost xxx

To enter please call xxx xxx xxx

SECTION TWO: CORPORATE / SMALL GROUP EXPERIENCES WITH GB OLYMPIANS

PARTICIPATING ALONGSIDE PEOPLE THEY TRUST:

Corporates or small groups on exclusive days with MEDALLISTS, this is proving popular post Covid-19 with the reassurance that they are participating with people they trust.

BEAT THE MEDALLIST CHALLENGES:

To encourage individual participants to fundraise for your cause, each exclusive experience will have the Beat the Medallist challenge element.

DATES:

At the mutual convenience of all parties.



EXCLUSIVE ROWING FOR THREE/SIX PEOPLE

Rowing with a member of the GOLD Medal Men's Eight Boat

Venue: Nearest to purchaser and rower.

Dates Mutually convenient dates in 2022/23

NOTES FOR YOU

MUTUAL DATES	MUTUAL VENUE	LEGACY 300 ENTRY FEE	SUGGESTED DONATION TO YOUR CAUSE	SUGGESTED TOTAL FOR PARTICIPANTS
2022 / 23		£1000 + vat	£800	£2000

This fun experience is the unique opportunity for you and up to five sports' mad friends or family to row alongside a Rio gold medallist at a date and venue of mutual convenience. These rowing days are being staged to help raise money for good causes as part of the Legacy 300 initiative, in return you will have the chance to participate in a VIP Day and support our good cause

This three-hour experience tailored to your fitness levels, you will meet at a boat club where you will be welcomed by the GB Gold Medallist, who through anecdotes on their career and your chance to ask questions will introduce you to life as an elite rower. Initial coaching will be done on the rowing machines where advice on techniques will be given.

The GB Rowers have established a 250-metre course record on a previous charity day in September 2021, the plan is for you to try and beat it – with the full-on help of the host GB Rower.

A quadruple scull will take to the water complete with the gold medallist and will have a training session on the water culminating in the timed sprint. The GB Medallist will be in touch pre-event to outline how you can get friends, colleagues, and family to help generate time bonuses to enable you to beat that time.

The experience is for a minimum of three, maximum of six people. Additional non-rowing guests are welcome to watch proceedings throughout the day and of course get their photos taken with the Athlete and the medal.



EXCLUSIVE WHITE WATER RAFTING FOR SIX / EIGHT PEOPLE WITH AN OLYMPIC CHAMPION:

Venue: Nearest to winning bidder. Glasgow, Cardiff, London & Nottingham.
 Dates Mutually convenient dates in 2022/23.
 Entry Fee £1,100 + VAT SUGGESTED DONATION £800

NOTES FOR YOU

MUTUAL DATES	MUTUAL VENUE	LEGACY 300 ENTRY FEE	SUGGESTED DONATION TO YOUR CAUSE	SUGGESTED TOTAL FOR PARTICIPANTS
2022/23	Lee Valley Nottingham Cardiff Glasgow	£1100 + vat	£800	£2140

One of our two gold medal winning Slalom Canoeists ETIENNE STOTT or JOE CLARKE will be your host for this unique event.

This is the awesome thrill-seeking opportunity to go white water rafting down the Olympic Course at Lee Valley; the scene of the 2012 medal rush for the GB Canoeists. Other equally challenging venues in Cardiff, Glasgow and Nottingham are also available to the winning bidder.

These rafting days are being staged to help raise money for good causes as part of the Legacy 300 initiative, in return you will have the chance to participate in a VIP Day and support our good cause.

The day starts with an insight from one of the GB Athletes on their medal success. Then we had you over to your guides. After safety briefing and swimming practice throughout the afternoon you will have another 80 minutes of exhilarating rafting fun.

The GB Slalom Canoeists and Raft Guides have established a course record on a previous charity day in September 2021, the plan is for you to try and beat it – with the full-on help of the host GB Slalom Canoeist and Raft Guide.

This task is aided by the fundraising everyone can do for our good cause, as they receive Time Bonuses linked to how much they raise. If you are happy to take on this challenge, the Gold Medallist will be in touch to explain how you can get friends, colleagues, and family to help generate time bonuses to enable you to beat that time.

This is proving to be an ideal afternoon for team building and adrenaline junkies alike, you also get to meet an Olympic champion. You will be joined on one of your runs down the course by the GB Athlete.

All participants must be confident swimmers, over 14 years of age and under 18 stone. Additional guests are welcome to watch.



EXCLUSIVE TRACK CYCLING HOSTED BY A GB CYCLING GOLD MEDALLIST: UP TO 16 PEOPLE

Venue: London / Manchester / Newport / Glasgow / Derby

Dates Various in 2022/23 of mutual agreement between cyclist and purchaser

MUTUAL DATES	MUTUAL VENUE	LEGACY 300 ENTRY FEE	SUGGESTED DONATION TO YOUR CAUSE	SUGGESTED TOTAL FOR PARTICIPANTS
2022/23	Lee Valley Manchester Derby Glasgow	£3000 + vat	£800	£4400

An exclusive VIP session hosted by a GB Cycling Medallist is available for your corporate supporters the venue, date and athlete are entirely at their discretion.

GB Cyclists have delivered gold rushes in the last three Olympiads, and this is the opportunity to hear from the Medallist the inside story of how this success was achieved plus an insight on their career, have photos with them, and more importantly to ride on the same track as our GB Olympians and Paralympians did in 2012 and be coached by one of the coaches provided by the Velodrome. We can also do these Velodrome experiences around the country.

These cycling days are being staged to help raise money for good causes as part of the Legacy 300 initiative, in return you will have the chance to participate in a VIP Day and support our good cause.

You will have an amazing three hours centred around one sprint of a lifetime, as you have the unique challenge of beating the time set on the day by the attending GB Cycling Gold Medallist. If you are happy to take on this challenge, the Gold Medallist will be in touch to explain how you can get friends, colleagues, and family to help generate time bonuses to enable you to beat that time.

With all equipment provided. you get an intensive training session under the guidance of the expert coaches and the 75-minute track session culminates in a SPRINT OF A LIFETIME where you get your name on the Olympic scoreboard as well as individual prizes.

All riders take home a signed photo of them and the Medallist, plus other unique souvenirs. All equipment, including track bikes are provided. Spectators are welcome.

Athlete is subject to availability, but previous days have been delivered by Elinor Barker, Dani Rowe, Callum Skinner, Shanaze Reade, Philip Hinds and we can call upon other members of the Men's and Women's Sprint and Pursuit teams **aiming for Paris 2024.**



EXCLUSIVE BEACH VOLLEYBALL

Venue: London / Brighton / Bournemouth / Bath
Dates Various in 2022 / 2023

Entry Fee: £1,400 plus VAT Donation: £800

NOTES FOR YOU

MUTUAL DATES	MUTUAL VENUE	LEGACY 300 ENTRY FEE	SUGGESTED DONATION TO YOUR CAUSE	TOTAL FOR PARTICIPANTS
2022 / 23	London Lee Valley Brighton Bournemouth Bath	£1400 + vat	£800	£2480

The chance to have fun in the sand with the GB Women's Beach Volleyball team for you and 19 of your now closest friends.

After a warmup and Introduction to the sport, the four teams are placed into a Round Robin Tournament with three group matches, followed by a Medal Match. Each team will be joined during a group match by a member of the GB Women's Beach Volleyball Squad as player captain.

We can also do these experiences around the country. These beach days are being staged to help raise money for good causes as part of the Legacy 300 initiative, in return you will have the chance to participate in a VIP Day and support our good cause.

The experience lasts 2 hours. Each match will be 15 minutes with the Medal Match 20 minutes and the evening is rounded off with a challenge match between the six-person winning team and the two elite beach volleyballers.

If you are happy to take on this challenge, the Volleyballers will be in touch to explain how you can get friends, colleagues, and family to help generate point bonuses to enable you to beat that time.

You have an exclusive VIP day for your group on a mutually acceptable date. If you wished to add further numbers, we would only charge you any additional venue hire charges.

Follows: Team Events for Corporate Team Building.

SECTION THREE: INSPIRING TEAM COMPETITIONS

Ideal for Corporate Team Building, this is an offering to corporates who may wish to have their own exclusive day.



CRICKET WITH EX ENGLAND INTERNATIONALS In association with the PCA Masters

Venue: Purchaser gets to choose
 Dates: Various in Spring / Summer 2023
 Time: Daytime Midweek
 Minimum: Four squads / Max Eight

DATE	VENUE	ENTRY FEE	SUGGESTED DONATION TO YOU
MAY 2023 onwards	Various in England	£3000 + VAT (4 Squads)	£1000
		£5500 + VAT (8 Squads)	£1000

The chance to play against, alongside and mingle with an ex-England test cricketer in a fun eight-a-side cricket competition. These cricket days are being staged to help raise money for good causes as part of the Legacy 300 initiative, in return you will have the chance to participate in a VIP Day and support our good cause.

There will be built in photo breaks for the event photographer and yourself to get pictures with the ex-England cricketers, and over your tea break there will be a Q and A with the attending cricketers giving an insight into their careers and thoughts on the cricket topics of the day.

You will have a minimum of four matches during the day, and it is designed to be an away day for your office, with room at each venue to do your own social thing. Your squad will be joined in one match by your allocated cricketer, you can also list ten batters but only have eight fielders (we will explain later). Each match will be 7 overs the event is rounded off with the medal ceremony performed by the cricketers and obviously a further chance to enhance your social media timeline.

There is also the **Sporting Rewards** project where individuals can secure bonus runs for their team in relation to their fundraising. If you are happy to take on this challenge, the cricketers will be in touch to explain how you can get friends, colleagues, and family to help generate run bonuses to enable you to beat that time.

Corporates:

4 squads £4600 including VAT and suggested donation to our good cause.

8 squads £7600 including VAT and suggested donation to our good cause.

Other costs: Sporting Rewards equally apply...

NETBALL:	LOCATIONS	Our Entry Fee	Suggested donation
MARCH 2023 onwards	Various	£1800 + VAT (4 Squads)	£1000
		£3400 + VAT (8 Squads)	£1000
FOOTBALL:			
MARCH 2023 onwards	Various	£3000 + VAT (4 Squads)	£1000
		£6000 + VAT (8 Squads)	£1000
TOUCH RUGBY:			
MARCH 2023 onwards	Various	£3000 + VAT (4 Squads)	£1000
		£6000 + VAT (8 Squads)	£1000

Please contact Legacy 300 and we can put a quote and proposal together for you. Contact us on david@legacy300.com.



ROWING REGATTA WITH GB ROWERS

Olympians AND post event reception

Venue: Various

Dates: Various Dates Autumn 2022 onwards

Time: Evening 5.30pm onwards

This three-hour experience tailored to your fitness levels, you will meet at a boat club where you will be welcomed by the GB Gold Medallist and colleagues, who through anecdotes on their careers and your chance to ask questions will introduce you to life as an elite rower. Initial coaching will be done on the rowing machines where advice on techniques will be given.

The GB Rowers have established a 250-metre course record on a previous charity day in September 2021, the plan is for you to try and beat it – with the full-on help of the host GB Rowers. The GB Rowers will be in touch pre-event to outline how you can get friends, colleagues, and family to help generate time bonuses to enable you to beat that time as you race against your fellow corporate crews.

The experience is for a minimum of 18 people a maximum of 27 people. Additional non-rowing guests are welcome to watch proceedings throughout the day and of course get their photos taken with the Athlete and the medal.

Your team of three accompanied by a GB Olympian in each race will then take part in four short races over the evening to determine the medallists. The evening will be rounded off with the Medal Ceremony and the rowers will attend any post event social organised by the corporate.

NOTES FOR FUNDRAISING TEAM: We require £600 per boat of three:

- **Maximum of nine boat crews can be accommodated.**
- **Minimum of six will need to be sold to create your own day.**
- Any lower units of sales will be placed into the existing VIP Days, (see Individual Experiences).
- These can also be arranged for **NUMEROUS locations: Please contact me for any further details.**



INDUSTRY GAMES BEACH VOLLEYBALL WITH GB WOMEN'S SQUAD

Olympians AND post event reception

Venue: Barn Elms; Barnes; London / Lee Valley White Water Centre.

Dates: June / July 2023

Time: Evening 5.30pm – 8.30pm

After a Warm-Up and Introduction to the sport, the four teams are placed into a Round Robin Tournament with three to five group matches, followed by a Medal Match. Up to six members of the team can be on court at any one time, and each team will be joined during the group matches by a member of the GB Women's Beach Volleyball Olympic Squad as player captain.

Each match will be 15 minutes with the Medal Match 20 minutes and the evening is rounded off with a challenge between the winning team of six and the elite Volleyballers. The GB athletes will be in touch pre-event to outline how you can get friends, colleagues, and family to help generate points bonuses to enable you to beat the elite.

NOTES FOR FUNDRAISING TEAM

- **Maximum of 6 teams can be accommodated.**
- **Minimum of four will need to be sold to create your own day.**
- Any lower units of sales will be placed into the existing random tournament days.
- These can also be arranged for **Bristol, Brighton, Bournemouth Please contact me for any further details.**