



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

**Dear Events Team**

**WHO WE ARE:**

Legacy 300 is an athlete led purpose movement which since 2012 has as of 11/11/2023 raised over £600K in direct donations to good causes through the staging of experience days, hosted by GB Gold Medallists.

The athletes are looking to raise a £1 million for good causes by the start of Paris 2024, as this does not cost good causes any money, then it is up to you as to whether this is achieved.

**BEAT THE MEDALLIST: INCENTIVISING FUNDRAISING FOR INDIVIDUALS**

- We are adding FUNDRAISING CHALLENGES to each event.
- The host Olympic Athlete will establish a time or target 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 BONUSES, giving people the chance to Beat the Medallist.
- This will be by PARTICIPANTS personal choice of donation page.

**CORPORATES**

- There are exclusive experiences available to corporates for their individual members of staff to fundraise and try and Beat the Medallist.
- We have a separate brochure for that, we will produce one specific to your charity with your contact details and suggested donation to your charity.

**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 2024.
- 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.**

**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](mailto:david@legacy300.com)
- The project is detailed on [www.legacy300.com/about-us](http://www.legacy300.com/about-us) and the photo albums of [www.facebook.com/legacy300](https://www.facebook.com/legacy300).
- References from the good causes that have benefited from this project see [www.legacy300.com/goodcauses](http://www.legacy300.com/goodcauses) are also available.

**Best Wishes  
David Cotton  
07866 316 228.**

**LEGACY 300 / One Sporting World**

## SECTION ONE: INSPIRING INDIVIDUAL SHARED EXPERIENCES AND DAUNTING CHALLENGES



### BEAT THE MEDALLIST: TRACK CYCLING / ROAD CYCLING VIP TRACK CYCLING CHALLENGE

EXPERIENCE DAY Hosted by a GB Gold Medal Winning Cyclist.

Venue: London: Lee Valley Velo Park / Glasgow

Date Spring 2024

Autumn 2024

Times: 12.30pm each listed date

| DATES                         | VENUE                       | ENTRY FEE PER PERSON | FUNDRAISING TARGET? |
|-------------------------------|-----------------------------|----------------------|---------------------|
| 9 <sup>th</sup> May 2024      | Lee Valley Velo Park London | £230                 | £350                |
| 3 <sup>rd</sup> October 2024  | Lee Valley Velo Park London | £230                 | £350                |
| 7 <sup>th</sup> November 2024 | Lee Valley Velo Park London | £230                 | £350                |

More dates subject to charity demand.

#### IMAGES ETC:

[https://www.dropbox.com/sh/y3zngjez4vwjel1/AACjVIU\\_HOahJSBo5G\\_G-5vNa?dl=0](https://www.dropbox.com/sh/y3zngjez4vwjel1/AACjVIU_HOahJSBo5G_G-5vNa?dl=0) or download from the timeline of [www.facebook.com/legacy300](http://www.facebook.com/legacy300)

#### BEAT THE MEDALLIST - TRACK CYCLING / ROAD CYCLING Lee Valley Velo Park 12.30pm

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 OR Road Time Trial 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. 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, Emma Finucane, Charlie Tanfield, Joe Truman, Will Tidbull and Dani Rowe.

Cost xxx To enter please call xxx xxx xxx **OUR ENTRY FEE: £230 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 | MIN FUNDRAISING TARGET |
|-------------------------------------|--------|----------------------|------------------------|
| Sun May 12 <sup>th</sup> 2024       | Henley | £90                  | £135                   |
| Sun September 15 <sup>th</sup> 2024 | Henley | £90                  | £135                   |

IMAGES ETC: [https://www.dropbox.com/sh/y3zngjez4vwjel1/AACjVIU\\_HOahJSBo5G\\_G-5vNa?dl=0](https://www.dropbox.com/sh/y3zngjez4vwjel1/AACjVIU_HOahJSBo5G_G-5vNa?dl=0) or download from the timeline of [www.facebook.com/legacy300](http://www.facebook.com/legacy300)

#### BEAT THE MEDALLIST - ROWING

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 your choice of personal donation page.

Cost xxx To enter please call xxx xxx xxx **OUR ENTRY FEE: £90 PER PERSON**



## BEAT THE MEDALLIST: WHITE WATER RAFTING VIP EXPERIENCE DAY

Hosted by GB Slalom Canoeists.

Venue: Lee Valley White Water Centre

Time: Afternoon 12pm onwards

| DATE                              | VENUE      | ENTRY FEE PER PERSON | MIN FUNDRAISING TARGET |
|-----------------------------------|------------|----------------------|------------------------|
| Friday May 10 <sup>th</sup> 2024  | Lee Valley | £125                 | £190                   |
| Friday May 31 <sup>st</sup> 2024  | Lee Valley | £125                 | £190                   |
| Sunday June 16 <sup>th</sup> 2024 | Lee Valley | £125                 | £190                   |
| TBC Autumn 2024                   | Lee Valley | £125                 | £190                   |

As we enter an exciting Olympic year, one of our gold medal winning Slalom Canoeists 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 and see if you and your raft can Beat the Medallist course record. In Spring 2024; a group of GB Canoeists and Raft Guides are going to set a course record for your raft to attempt to beat on the day and enter the Legacy 300 Rafting Hall of Fame. The fundraising you do for us gives you time bonuses and help you...Beat the Medallist. Fundraising is done through your choice of personal donation page. The day starts with an insight from one of the GB Athletes on their medal success, you also get to pose for photos that are printed and signed for a unique souvenir. 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. You will go through a variety of runs on the course, including three fast runs, one timed for the chance to Beat the Medallist possible medal glory. Wherever you finish, you get a souvenir signed by an actual GB gold medallist and a photo signed by the athlete capturing that once in a lifetime moment. As for the day itself, spectators are welcome and its open to rafters aged 14 years and above with dates to choose from each Spring and Autumn.

Cost xxx To enter please call xxx xxx xxx **OUR ENTRY FEE: £125 PER PERSON**



## BE A SUPERSTAR PARENT SEND YOUR KIDS HOCKEY TEAM TO TAKE ON THE GB TEAM

Hosted by GB Hockey Players.

Venue: London Lee Valley / Bristol (TBC)

Time: Afternoon 12pm onwards

| DATE                            | VENUE      | ENTRY FEE PER TEAM | MIN FUNDRAISING TARGET |
|---------------------------------|------------|--------------------|------------------------|
| Sunday 7 <sup>th</sup> April 24 | Lee Valley | £550               | £825                   |

Instant superstar parent status guaranteed as you have the opportunity for your kids Hockey team to meet members of the GB Men's and Women's Hockey Team. The afternoon is designed to be a fun day of training drills, Q and A's and two head to head challenges with the GB Hockey players based on how fast you can hit the ball and the goal shooting challenge with time for some short sided games against other age appropriate players. Are you a secret striker and can find the top corners to score maximal points? Or can you reach speeds of 100kph when hitting the ball at goal? You will be competing in various challenges scoring points for yourself. The fundraising you do for us gives you the bonuses and help you...Beat the Medallist. Fundraising is done through your choice of personal donation page. Wherever you finish, you get a medal placed around your neck by a GB Olympian and a photo signed by the athlete capturing that once in a lifetime moment. The session culminates in an exclusive Q and A with the hosts medal winner to pick their brains about life as a professional athlete and what really goes on at the Olympics. Everyone goes home with exclusive event medals and signed memorabilia from the host athletes plus professional photos to give you an awesome social media timeline.

Cost xxx To enter please call xxx xxx xxx **OUR ENTRY FEE: £550 PER TEAM (11 PEOPLE)**