



COST FREE FUNDRAISING SINCE 2012: £518k RAISED IN DONATIONS

Dear Fundraising Team

WHO WE ARE:

Legacy 300 is an athlete led purpose movement which since 2012 has as of 19/03/2022 raised over £518K in direct donations to good causes through the staging of experience days, hosted by GB Olympic Gold Medallists. 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.

AUCTION: COST FREE / RISK FREE FUNDRAISING: HOW IT WORKS:

In the first ten years of delivering **Legacy 300**, events good causes have received **£528,350** in direct donations from participants on limited edition individual and team challenge Athlete Experiences.

- Legacy 300 require a fixed price per person to deliver the event “Entry Fee” see below for examples.
- There is no initial outlay required **you only forward entry fees to us once you have received them. from participants.**
- **Everything received above our entry fee goes to you the good cause.**
- Simply provide us the contact details and we deliver the experience for them on the date for them.
- The details of the experiences to cut and paste follows.

NEW FOR 2022: BEAT THE MEDALLIST © INCENTIVISING FUNDRAISING:

- We are adding FUNDRAISING CHALLENGES to each event.
- The host Athlete will establish a time / 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.
- The first event saw this range from £140 - £270 in extra donations on top of what was raised at auction.
- 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.
- **If using these solely as challenge events we have a separate brochure, please contact us.**

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

- If you wish to engage supporters' please contact me on 07866 316 228 or david@legacy300.com.
- Our unit also has templated letters and posters you can download or ask for by email.
- If any queries from prospective purchasers, just include us in the email and we can answer.

Kind Regards

David Cotton

LEGACY 300 / One Sporting World / One Sporting City / Beat the Medallists.

INDEX OF INDIVIDUAL EXPERIENCES:

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SECTION ONE: INSPIRING INDIVIDUAL SHARED EXPERIENCES AND DAUNTING CHALLENGES



CAN YOU BEAT THE GB MEDALLIST? VIP TRACK CYCLING CHALLENGE

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

Venue: London: Lee Valley Velo Park : Glasgow Chris Hoy Velodrome

DATES	VENUE	RESERVE PRICE PER PERSON
15 th Sept 2022	Lee Valley Velo Park London	£230 + VAT
20 th Oct 2022	Lee Valley Velo Park London	£230 + VAT
Spring 2023	Lee Valley Velo Park London	£230 + VAT
Spring 2023	Sir Chris Hoy Velodrome Glasgow	£230 + VAT
Autumn 2023	Lee Valley Velo Park London	£230 + VAT

BEAT THE MEDALLIST? VIP TRACK CYCLING CHALLENGE

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

London 2022 / 23

Whether you have previously ridden this iconic Velodrome, no velodrome cycling challenge quite matches Beat the Medallist. Your unique chance to race against the time set by a GB Gold Medallist. Your experience lasts three hours 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 fun competition, and your unique chance to beat the time set on the day by the host Gold Medallist. Your own 250 metre dash for glory generates your name on the Olympic scoreboards your bid today gives you time bonuses to help Beat the Medallist.

Wherever you finish, you get a medal placed around your neck by an actual Gold Medallist and a photo signed by the athlete capturing that once in a lifetime moment. The session culminates in a Q and A with the host medal winner. This is an ideal gift for the cycling lover in your life, or teambuilding for groups up to 16 per session. Your donation tonight will give you your initial time bonuses, pre-event you can even get friends and family to further help your attempt to Beat the Medallist. Expected hosts in 2022 include Katie Archibald, Jack Carlin, Ethan Hayter, Matt Walls and other members of the Tokyo GB Squad each detailing with candour the highs and lows of professional sport as you enjoy the buffet. Everyone goes home with exclusive event medals and signed memorabilia from the host athlete plus professional photos to give you an awesome social media timeline.

IF OFFERING SCOTLAND AS AN OPTION USE THIS FOR PARAGRAPH ONE:

Whether you have previously ridden this iconic Velodrome, no velodrome cycling challenge quite matches Beat the Medallist. Your unique chance to race against the time set by a GB Gold Medallist. Your experience lasts 3.5 hours 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 fun competition, and your unique chance to beat the time set on the day by the host Gold Medallist. Your own 250 metre dash for glory generates your name on the Olympic / Commonwealth Games scoreboards as well as individual prizes, your purchase gives you time bonuses to help Beat the Medallist.

PROMO VIDEO to be played at Auction or on social media <https://vimeo.com/330031643>

RESERVE PRICE: £230 + VAT PER PERSON

PLEASE SEE PAGE 5 AS THIS CAN BE USED IN A BUNDLE OF CYCLING OPTIONS TO MAXIMISE YOUR AUCTION RETURN



**BEAT THE MEDALLISTS: ROAD CYCLING
VIP CYCLING CHALLENGE**
EXPERIENCE DAY Hosted by GB Cycling Medallist

Venue: Lee Valley Velo Park
Time: Afternoon 12pm onwards

ROAD RACE TIME TRIAL

Lee Valley Velo Park 15thSeptember 2022, 20th October 2022: Spring / Autumn 2023
Participants Entry Fee £230 + VAT. FOR SOCIAL MEDIA <https://vimeo.com/562966294>

A ride out across the Olympic Park in the company of a GB Gold Medallist as part of a group of 16, then after this warm up and a few coaching tips we get a time trial competition up and running, with the medallist setting a time to beat. Wherever you finish, you get a medal placed around your neck by an actual Gold Medallist and a photo signed by the athlete capturing that once in a lifetime moment. The session culminates in a Q and A with the host medal winner. This is an ideal gift for the cycling lover in your life, or teambuilding for groups up to 16 per session. Your donation tonight will give you your initial time bonuses, pre-event you can even get friends and family to further help your attempt to Beat the Medallist. Expected hosts in 2022 include Charlie Tanfield, Katie Archibald, Ethan Hayter, Matt Walls and other members of the Tokyo GB Squad each detailing with candour the highs and lows of professional sport as you enjoy the buffet. Everyone goes home with exclusive event medals and signed memorabilia from the host athlete plus professional photos to give you an awesome social media timeline.



**BEAT THE MEDALLISTS: BMX RACING
VIP CYCLING CHALLENGE**
EXPERIENCE DAY Hosted by GB Cycling Medallist

Venue: Lee Valley Velo Park Time: Afternoon 12pm

BMX RACING

Lee Valley Velo Park 15thSeptember 2022, 20th October 2022: Spring / Autumn 2023
Participants Entry Fee £230 + VAT. FOR SOCIAL MEDIA <https://vimeo.com/562966294>

A chance to take on the thrills and spills of BMX in the company of a GB Gold Medallist, then after a course guide and a few coaching tips we get a time trial competition up and running, with the medallist setting a time to beat. Wherever you finish, you get a medal placed around your neck by an actual Gold Medallist and a photo signed by the athlete capturing that once in a lifetime moment. The session culminates in a Q and A with the host medal winner. This is an ideal gift for the cycling lover in your life, or teambuilding for groups up to 16 per session. Your donation tonight will give you your initial time bonuses, pre-event you can even get friends and family to further help your attempt to Beat the Medallist.



**BEAT THE MEDALLISTS: MOUNTAIN BIKING RACING
VIP CYCLING CHALLENGE**
EXPERIENCE DAY Hosted by GB Cycling Medallist

Venue: Lee Valley Velo Park Time: Afternoon 12pm

MOUNTAIN BIKING

Lee Valley Velo Park 15thSeptember 2022, 20th October 2022: Spring / Autumn 2023
Participants Entry Fee £230 + VAT. FOR SOCIAL MEDIA <https://vimeo.com/562966294>

A ride out across the Olympic course in the company of a GB Gold Medallist, then after a course guide and a few coaching tips we get a time trial competition up and running, with the medallist setting a time to beat. Wherever you finish (details as above).

PLEASE SEE PAGE 4:

AS THESE CAN BE USED IN A BUNDLE OF CYCLING OPTIONS TO MAXIMISE YOUR AUCTION RETURN



MULTI DISCIPLINE CYCLING

- We only launched these but are very popular and its four cycling prizes in one, the winner gets to choose which discipline.
- You can of course have bids on all four if that helps clients (please make amendments to suggested text; *i.e. when bidding please state BMX : TRACK : ROAD: MOUNTAIN*)
- £230 + VAT per person

CYCLING: BEAT THE MEDALLIST: BMX : MOUNTAIN : ROAD: TRACK

VENUE: Lee Valley Velo Park

DATES: 15thSeptember 2022, 20th October 2022: Spring / Autumn 2023

*With each one hosted by a GB Gold Medallist, **your bids today give you the opportunity to choose from one of four unique cycling experiences.** The chance to ride with and against GB Gold Medallists starts with an intensive coaching session under the guidance of the expert Velo Park staff and then enables you to get used to your choice of unique cycling track at the iconic Velo Park. Previous days have been hosted by Philip Hinds, Katie Archibald, Elinor Barker, Callum Skinner, Charlie Tanfield, Shanaze Reade, and will involve members of the squad aiming for Paris 2024, giving you the chance to be part of their Olympic journey.*

Your cycling session culminates in a unique once in a lifetime competition as you get to compete against a GB Gold Medallist who on the day, will deliver their time over the course at the Olympic Park, which you try and beat as you compete with fellow riders. This shared experience is more of a sprint than a marathon. To help you, there are time bonuses to those who fundraise for their chosen good cause.

Wherever you finish, you get a medal presented by an actual Gold Medallist and a photo signed by the athlete capturing that once in a lifetime moment. Throughout each experience there is the chance to talk with the host medal winner whether on your bike or after the event. Everyone goes home with a range of exclusive event merchandise, medals and signed memorabilia from the host athlete plus professional photos to give you an awesome social media timeline. You also will have additional time to ride the Road and Mountain Bike trails as part of the experience.

When bidding; please state BMX: TRACK : ROAD: MOUNTAIN, post auction the organisers will be in touch with event details Apart from the Track Cycling, you can use your own bike and equipment during this experience but can also be provided if required.



**BEAT THE MEDALLISTS: 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 Sept 11 th 2022	Henley	£150 + VAT FULL SESSION / £75+ VAT SINGLE SESSION
Autumn 2023	Henley	£150 + VAT FULL SESSION / £75+ VAT SINGLE SESSION

FULL SESSION WRITE UP (Please contact me if interested in the single session item).

CAN YOU BEAT THE GB ROWING MEDALLISTS? VIP ROWING CHALLENGE
EXPERIENCE DAY Hosted by GB Rowers.

This unique challenge gives you the chance to row at Henley and pits your boat against the attending GB Rowers who will be laying down a target time over 250 metres but don't worry your boat of three will have one of the GB Rowers to help you beat the time on your two-timed sprints. Meet at a boat club in Henley where you will be welcomed by the GB Rowers who through the entertaining Q and A, will debrief the Tokyo Regatta and give you an insight what it takes to reach the highest levels in the sport of rowing. You will then be introduced to life as an elite rower. If required, initial coaching will be done on the rowing machines where advice on techniques will be given. Then to the boat shed where the boat familiarisation will take place. The GB Rowers will then take to the water and do a 250-metre timed sprint.

Quadruple sculls will then take to the water complete with a GB Rower in each boat and each crew will have a short training session on the water followed by the first of two-timed sprints, each with a different GB Rower. Of course, if you lose you can blame them. Throughout the experience the chance to talk all things Olympic with the athletes and if already a keen rower drain them for tips and advice. Additional guests are welcome to watch proceedings throughout the day and to attend the Q and A and photo session with the rowers.

Your donation tonight will give you your initial time bonuses. The GB Medallists will be in touch pre-event to outline how you can get friends, colleagues, and family to help generate more time bonuses if you wish to get them to support you and the good cause. As for the day itself, spectators are welcome and its open to rowers aged 13 years and above with dates to choose from each Autumn and Spring.

PREVIOUS ROWING DAYS: For a glimpse of what is in store visit <https://vimeo.com/589894766> or visit the [Legacy 300 facebook page](#).



**BEAT THE MEDALLISTS: TRIATHLON
VIP CHALLENGE**

Venue: London / Oxford
Time: September Mornings

VIP TRIATHLON
London / Oxfordshire September 2023,
Participants Entry Fee £150 + VAT. FOR SOCIAL MEDIA <https://vimeo.com/562966294>

The chance to compete in a world-famous Triathlon and the chance to compete against the time set by GB Gold Medallist NON STANFORD who will be competing in the Elite Race. Pre event you get coaching tips, post event you get to take part in a Q and A with the athlete. Your donation tonight will give you your initial time bonuses. The GB Medallists will be in touch pre-event to outline how you can get friends, colleagues, and family to help generate more time bonuses. Spaces are limited so the voucher can be utilised in 2024.



**BEAT THE MEDALLIST: HOCKEY
VIP EXPERIENCE DAY**
Hosted by GB Hockey Olympians.
Venue: London Lee Valley Bristol / Bisham Abbey Nottingham
Time: Afternoon 12pm onwards

CAN YOU BEAT THE GB HOCKEY MEDALLISTS?

VIP HOCKEY CHALLENGE

01th Sept – 14th Sept 2023

Entry Fee: **£75 plus VAT** FOR SOCIAL MEDIA <https://vimeo.com/562966294>

Whatever level you've played hockey at, this unique experience is for you and your friends. This unique hockey day is hosted by double Olympians Shona Mc Callin and David Ames, who'll do some coaching and guide you through a bunch of challenges where you'll have the opportunity to take them on head-to-head in a 'Beat the Medallist' competition

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. 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 GB Medallists will be in touch pre-event to outline how you can get friends, colleagues, and family to help generate goal and speed bonuses if you wish to get them to support any additional fundraising.

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.



**BEAT THE MEDALLIST: WHITE WATER RAFTING
VIP EXPERIENCE DAY**
Hosted by GB Slalom Canoeists.
Venue: Lee Valley White Water Centre
Time: Afternoon 12pm onwards

CAN YOU BEAT THE GB CANOEISTS?

White Water VIP Day

Friday 9th Sept 2022 / Friday 30th Sept 2022 / Spring Autumn 2023

INDIVIDUAL ENTRY FEE £125 + vat RAFT of 8 ENTRY FEE £850 + VAT

One of our 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 and see if you and your raft can Beat the Medallist course record. In Spring 2022; 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 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. Other runs involve other aspects of rafting on rapid waters, leaving you with an experience that provides a great work out. 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.

Your donation tonight will give you your initial time bonuses. The GB Medallist will be in touch pre-event to outline how you can get friends, colleagues and family to help generate more time bonuses if you wish to get them to support you and the good cause. As for the day itself, spectators are welcome and its open to rafters aged 14 years and above with dates to choose from each Autumn and Spring. For a glimpse of what is in store visit <https://vimeo.com/236397547> or visit the [Legacy 300 facebook page](#).



FOOTBALL HOSTED BY A FOOTBALL LEGEND
 Corporate Squad / Or Individuals as part of the
 Random Squads at each event.

Venue: London 2022
 Dates Various in Autumn 2022.

NOTES TO YOU: Remember the donation amount is entirely at your discretion:

DATES	VENUE	LEGACY 300 ENTRY FEE
8 th September 2022	Trent Park London	£1600 + VAT Squad of Nine £175 + VAT Individual

(FOR INDIVIDUALS)

RARE OPPORTUNITY TO BE MANAGED BY A FOOTBALL LEGEND:

With an ex-pro 'Football Legend' managing YOUR TEAM this experience is to be part of a 10-person squad to participate in a VIP ten team tournament alongside Football legends from the 80's, 90's and 00's, culminating in a grand final.

(FOR CORPORATE TEAM)

RARE OPPORTUNITY TO BE MANAGED BY A FOOTBALL LEGEND:

Your chance to be the top sporting corporate in your city as part of One Sporting City, with an ex-pro 'Football Legend' managing YOUR TEAM this experience is to be part of a 10-person squad to participate in a VIP ten team tournament alongside Football legends from the 80's, 90's and 00's, culminating in a grand final.

Rest of text for both

The tournament is being staged to help raise money for good causes as part of the One Sporting City initiative, in return you will have the chance to participate in a VIP fun tournament and support our good cause. The bigger the donation to us, will generate goal bonuses to help your squad onto the podium.

The footballers are subject to availability, and local events will have local legends, but the managers in the past have included Perry Groves, Alvin Martin, Graham Roberts, John Wark, Julian Dicks, Kerry Dixon, Luther Blissett, Martin Allen, Martin Chivers, Micky Hazard, Paul Stewart, Ray Stewart, Rob Lee, Steve Potts and Tony Cascarino.

The day starts with a Q and A with the attending footballers giving an insight into their careers and thoughts on the footballing topics of the day. After warm-ups and some coaching by the professionals the teams are placed into a Round Robin Tournament with two group matches, followed by a further placing and medal match.

Each match will be 20 minutes a half, the final 25 minutes and the day is rounded off with the medal ceremony performed by the professionals. There will be a post tournament party at each venue and obviously a further chance to discuss the players careers.



CRICKET HOSTED BY FROMER TEST PLAYERS
Corporate Squad / Or Individuals as part of the
Random Squads at each event.

Venue: Bristol / London
 Dates Various in 2023.

DATES	VENUE	LEGACY 300 ENTRY FEE
Summer 2023	Bristol London	£1000 + VAT Team (London £1300) £100 + VAT Individual (London £130)

(FOR INDIVIDUALS)

RARE OPPORTUNITY TO PLAY AGAINST AND ALONGSIDE AN EX-TEST PLAYER

The chance to play against, alongside and mingle with an ex-England test cricketer as part of a random squad in a fun eight-a-side cricket competition culminating in a grand final.

(FOR CORPORATE TEAM)

RARE OPPORTUNITY TO BE MANAGED BY A FOOTBALL LEGEND:

Your chance to be the top sporting corporate in your city as part of One Sporting City, the chance for your company team to play against, alongside and mingle with an ex-England test cricketer as part of a fun eight-a-side cricket competition culminating in a grand final.

Rest of text for both

The tournament is being staged to help raise money for good causes as part of the One Sporting City initiative, in return you will have the chance to participate in a VIP fun tournament 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 three matches during the day, with a one hour on, one hour off schedule if you need to do some work 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 bigger the donation to us, will generate run bonuses to help your squad into the final. The event is rounded off with the medal ceremony performed by the cricketers and obviously a further chance to enhance your social media timeline.



NETBALL HOSTED BY INTERNATIONAL AND SUPER LEAGUE NETBALLERS
Corporate Squad / Or Individuals as part of the Random Squads at each event.

Venue: Bristol / London / Nottingham
 Dates Various in 2023.

DATES	VENUE	LEGACY 300 ENTRY FEE
Spring / Summer 2023	Bristol London Nottingham	£375 + VAT Team £37.50 + VAT Individual

(FOR INDIVIDUALS)
RARE OPPORTUNITY TO BE COACHED BY AND MEET ELITE NETBALLERS

The chance to be coached by and mingle with elite Netballers *this experience is to be part of a 10-person squad to participate in a VIP eight team tournament alongside, England and Super League netballers culminating in a grand final.*

(FOR CORPORATE TEAM)
RARE OPPORTUNITY TO BE COACHED BY AND MEET ELITE NETBALLERS

Your chance to be the top sporting corporate in your city as part of One Sporting City, the chance to be coached by and mingle with elite Netballers this experience is to be part of a 10-person squad to participate in a VIP eight team tournament alongside, England and Super League netballers culminating in a grand final.

Rest of text for both

The chance to be coached by and mingle with elite Netballers in a fun eight-team competition.

The tournament is being staged to help raise money for good causes as part of the One Sporting City initiative, in return you will have the chance to participate in a VIP fun tournament and support our good cause. The netballers are subject to availability and will be drawn from the Netball Super League and former England internationals.

The day starts with a few fun drills and coaching from the attending netballers. There will be built in photo breaks for the event photographer and yourself to get pictures with the netballers, and there will be a Q and A with the attending netballers giving an insight into their careers and thoughts on the netball 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 coached in one match by your allocated netballer.

Each match will be 15 minutes the event is rounded off with the medal ceremony performed by the netballers and obviously a further chance to enhance your social media timeline. The event is eligible to those old enough to play senior netball. Whilst we are able to do coaching sessions for children of the participants and they can attend the Q and A, please note that no matches will be organised for them.



TOUCH RUGBY HOSTED BY EX INTERNATIONAL AND PREMIER RUGBY PLAYERS

Venue: Bristol
 Dates: Various in 2022.

DATES	VENUE	LEGACY 300 ENTRY FEE
Autumn 2023	Bristol	£375 + VAT Team (£400 + VAT London). £37.50 + VAT Individual (£40 + VAT London)

**(FOR INDIVIDUALS)
 RARE OPPORTUNITY TO BE COACHED BY AND MEET ELITE RUGBY PLAYERS**

The chance to be coached by and mingle with elite rugby players, *this experience is to be part of a 10-person squad to participate in a VIP 16 team tournament culminating in a grand final.*

**(FOR CORPORATE TEAM)
 RARE OPPORTUNITY TO BE COACHED BY AND MEET ELITE RUGBY PLAYERS**

Your chance to be the top sporting corporate in your city as part of One Sporting City, the chance to be coached by and mingle with elite rugby players, this experience is to be part of a 10-person squad to participate in a VIP 16 team tournament culminating in a grand final.

Rest of text for both

The tournament is being staged to help raise money for good causes as part of the One Sporting City initiative, in return you will have the chance to participate in a VIP fun tournament and support our good cause.

The rugby players are subject to availability and will be drawn from the Premiership, Super League and former internationals. The day starts with a few fun drills and coaching from the attending rugby players. There will be built in photo breaks for the event photographer and yourself to get pictures with the rugby players, and there will be a Q and A with the attending rugby players giving an insight into their careers and thoughts on the rugby topics of the day.

You will have a minimum of five 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 managed in one match by your allocated rugby player.

Each match will be 15 minutes the event is rounded off with the medal ceremony performed by the rugby players and obviously a further chance to enhance your social media timeline. The event is eligible to those over 16 years of age.

SECTION TWO: EXCLUSIVE 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. **This is making for great CSR Team Building Events (A SEPERATE BROCHURE IS AVAILABLE).**

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 / 2023

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

Cut and paste to forward to your potential supporters.

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.

FOR SOCIAL MEDIA <https://vimeo.com/589894766>



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 / 2023

Entry Fee £1,100 + VAT SUGGESTED DONATION £800

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

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 of mutual agreement between cyclist and purchaser

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 if the locations are more convenient.

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 Hindes and we can call upon other members of the Men's and Women's Sprint and Pursuit teams from Tokyo.

COST VARIES PER VELODROME:

- Around £200 - £230 + vat per head based on 16 pax.
- It will be less if delivered in additional multiples of 16.
- Best course of action is if anyone is interested in this, for you to contact the team on david@legacy300.com and let us know which velodrome and we can quote up for you.



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

Venue: Various
Dates Various in 2022 of mutual agreement between cyclist and purchaser

Price per person £150 plus VAT

As per Individual experiences on Page 3, the chance to do exclusive experiences all with the opportunity for participants to Beat the Medallist in timed challenges on each day.

Best course of action is if anyone is interested in this, for you to contact the team on david@legacy300.com and let us know which velodrome and we can write this up for you.



EXCLUSIVE BEACH VOLLEYBALL

Venue: London / Brighton / Bournemouth / Bath

Dates Various in 2023

Entry Fee: £1,400 plus VAT

Donation: £800

MUTUAL DATES	MUTUAL VENUE	LEGACY 300 ENTRY FEE	SUGGESTED DONATION TO YOUR CAUSE	TOTAL FOR PARTICIPANTS
2023	London Lee Valley Brighton Bournemouth Bath	£1400 + vat	£800	£2480

Cut and paste to forward to your potential supporters.

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.

20 people £2480 including VAT and suggested donation to our good cause.

Follows: Team Events for Corporate Team Building.

SECTION THREE: INSPIRING TEAM COMPETITIONS

Ideal for Corporate Team Building: BEAT THE MEDALLIST CHALLENGES:

To encourage individual participants to fundraise for your cause, each exclusive experience will have the Beat the Medallist challenge element. This is making great CSR Team Building Events



CRICKET WITH EX ENGLAND INTERNATIONALS

In association with the PCA Masters

Venue: Purchaser gets to choose
 Dates: Various in Spring / Summer 2022
 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) £5500 + VAT (8 Squads)	£1000 £1000

TEXT TO CUT AND PASTE: 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 **(insert a line or two about the programmes that need funding)**. 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. **The ratio is one England Cricketer for four squads, but we can quote at cost additional cricketers**

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.

Please insert your contact details here

Other costs:

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

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



INDUSTRY GAMES ROWING REGATTA WITH GB ROWERS

Olympians AND post event reception

Venue: Various

Dates Various Dates Autumn 2023 onwards

Time: Evening 5.30pm onwards

This experience is the unique opportunity to Row alongside a GB Olympian, past, present and no doubt future. Meet at the boat club where you will be welcomed by the GB Rowers and introduced to life as an elite rower. Initial coaching will be done on the rowing machines where advice on techniques will be given. Then to the boat shed where the boat familiarisation will take place. The GB Rowers will then set a time on the day, which as part of Beat the Medallist project lends itself to additional fundraising by participants to help them surpass the time.

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. Each crew will have at least one race with the GB Olympians. The evening will be rounded off with the Medal Ceremony Party attended by the Rowers. <https://vimeo.com/589894766>

NOTES FOR FUNDRAISING TEAM

- This only works with a fixed price on the night our entry fee is **£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 **Henley / Bristol and Manchester: 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 the medal ceremony party attended by the athletes.

NOTES FOR FUNDRAISING TEAM

- This only works with a fixed price on the night we require an entry fee of **£450 per 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.**



**CYCLING TEAM OPTIONS:
BMX / TRACK / ROAD / MOUNTAIN
VARIOUS VENUES**

EXCLUSIVE SESSIONS 16 PAX

Any of the Cycling Experiences can be adapted easily into Team Competitions. Please contact for details.