



April Jogging Challenge

30k,
45k,
or
60k

Saving babies' lives.
Supporting bereaved families.



Start

Wed 1st

Thu 2nd

Fri 3rd

Sat 4th

Sun 5th

It all adds up!

Mon 6th

Tue 7th

Wed 8th

Thu 9th

Fri 10th

Sat 11th

Sun 12th

Mon 13th

It all adds up!

Tue 14th

Wed 15th

Halfway

Thu 16th

Fri 17th

Sat 18th

Sun 19th

Mon 20th

Keep going!

Tue 21st

Wed 22nd

Thu 23rd

Fri 24th

Sat 25th

Sun 26th

Mon 27th

Nearly there!

Tue 28th

Wed 29th

Thu 30th

Finish!

Total:



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sands.org.uk/april-jogging-challenge

April Jogging Challenge



? Frequently asked questions

Thank you for taking on our April Jogging Challenge. We know you must be so excited to start and counting down the days until 1st April - we are too!

You may have questions about the upcoming challenge. Check out our FAQs on our website here - www.sands.org.uk/april-jogging-challenge-2026 for the answers. If your question isn't answered please email us at challenge@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.

Will I get a reward? Everyone who raises over £175 will get sent limited edition April Jogging Challenge trainer tags and a certificate after the challenge ends. You don't need to do anything to get this. If we need any extra details from you, we'll be in touch. If you move house, please let us know by emailing challenge@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 - www.sands.org.uk/april-jogging-challenge-2026 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: <https://www.sands.org.uk/get-involvedfundraisingfundraising-resources/sponsorship-form>.

Do I have to jog my kilometers? It's up to you! We think most people will jog the Kms, 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!

Can I raise money on another online platform like JustGiving? Yes, if you would like, you can set up a fundraising page on another online platform, we recommend JustGiving. Go to - www.justgiving.com/campaign/apriljoggingchallenge2026

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

Join our Strava group to log and track your jogs and meet others taking on the challenge - www.strava.com/clubs/1973372

Follow these steps to log your kms on your fundraising page and keep friends and family updated.

1. Log in to your Sands account by clicking the person icon in the top right of the screen
2. Click the person icon in the top right again
3. Click My Fundraising
4. Click My Fitness Activity
5. Scroll down to Add Activity and type in how many kms you've done and any other details
6. Click Save Changes

The Health app on iPhone or Google Fit app on Android both keep track of how many kms you do each day. There's other apps available so do pick whichever works best for you. If you have a pedometer or sports watch, these can usually keep track of your kms too. And use Fitbit and Garmin to log your jogs too.

Can I start late or early?

Of course! So long as you complete your chosen distance in 30 days, it doesn't matter if you start early, late or need to miss a day. Just adapt the challenge to work best for you.

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.

How do I send you my sponsorship form?

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at challenge@sands.org.uk so we claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form via the post.

How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating on your fundraising page or on our website. You can donate via our website here: www.sands.org.uk/donate. Make sure to say that your money is for your April Jogging Challenge so that we can make sure it is added to your total.