

# SPRINTATHON TEAM TOURNAMENT

Boost your fundraising total by getting your office involved in the Sprintathon Team Tournament.

## HOW TO TAKE PART:

Compete in 5 sporting challenges

£3 suggested donation to enter

£1 suggested donation per extra attempt

Winner of each event goes through to the final



Any questions?

Contact [sprintathon@cancer.org.uk](mailto:sprintathon@cancer.org.uk)



### 1. Sweetput

- Athletes are tested on their organisation skills
- Sort a pack of Skittles from a bag, into separate cups, by colour in the quickest time
- The time will not stop until all Skittles are in the correct cups



### 2. Basketball

- Athletes are tested on their ability to throw
- Athletes are each given sheets of flat A4 paper to scrunch and throw into a cardboard box in a minute
- Stand behind a marker with the box placed 3 metres away
- The clock starts when the first piece of paper is picked up



### 3. Triple Chomp

- Athletes are tested on their ability to munch 3 crackers in the quickest time
- Water is not allowed until the athlete completes the event
- The time will not stop when the final remnant of cracker is gone, evidenced by an open mouth
- Quickest time wins



### 4. Javelin

- Athletes are tested on their paper aeroplane abilities
- Athletes are given A4 paper and have 30 secs to build an aeroplane. It can't just be a ball of paper
- Standing behind a marker, athletes have one attempt to throw their plane
- The plane that flies the furthest wins



### 5. Pi Jump

- Athletes are tested on how accurately they can jump 3.14ft
- Athletes begin behind the line and jump an estimated 3.14ft
- Jumps are measured from the line to the back of the trailing foot
- Closest athlete to 3.14ft is the winner



### Final Challenge

- Athletes are tested on their ability to quickly eat a carrot
- Athletes must fully consume the carrot but aren't permitted to use their hands
- The task is completed when all carrot is gone, evidenced by an open mouth
- First finisher wins

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