



Organised by **SDL Surveying**

Join this year's charity fundraiser event for Lionheart where teams will be challenged to walk, run, or cycle between RICS Headquarters across Great Britain—virtually! Whether you're looking to push your limits, build healthier habits, or simply enjoy the journey, this challenge is for you.

How it works

- A virtual fitness fundraising event taking place over the month of June 2025.
- Join as an individual and be placed in a virtual team with participants near you—share progress, network, and even meet up if you like!
- Enter with your company, colleagues, or friends and take on the challenge together.
- Track your team's progress as you "travel" between key RICS and LionHeart locations across the UK.
- Compete or complete at your own pace—whether you're in it to win or just to better yourself, every step counts!

Choose your challenge

- **Walkers & Wheelchair participants:** Start at RICS HQ in the historic Scottish capital, Edinburgh, and finish at LionHeart HQ in Birmingham (281 miles = 0.94 miles per person per day*).
- **Runners & Racing Wheelchair participants:** Begin at Edinburgh RICS HQ and complete your journey at the iconic RICS Global HQ in London (379 miles = 1.26 miles per person per day*).
- **Cyclists:** Take on the ultimate route! Starting in Belfast, hop on the ferry, cross Scotland to RICS Edinburgh, England, and Wales, visiting Cardiff RICS HQ en route before finishing in London (782 miles = 2.61 miles per person per day *).
- **Mixed:** Walk, Run, Wheelchair or cycle your way to victory! Begin at Edinburgh RICS HQ before venturing south through England, hopping the border over to Cardiff HQ, before heading east to the nation's capital and RICS HQ (509 miles = 1.7 miles per person per day*).

***Daily mileage-based on teams of 10 people. Don't have 10 team members? Don't worry. See standardised distance system below.**



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Who can take part

This event is open to everyone across the surveying profession and beyond — from corporate firms and SMEs to sole traders, surveyors, trainees, students, and support staff.

Friends and family members are also encouraged to join, making it a great team-building experience both inside and outside the workplace. Whether you're representing a large company, a small business, or just yourself, this challenge is designed for all to take part, stay active, and support a great cause!

Why take part?

- Improve your fitness and mental well-being
- Track your progress and see how far you've come
- Compete against other teams or focus on personal achievement
- Give back to your profession and support LionHeart, the charity dedicated to helping surveyors and their families in times of need

Important details

When and Where:

The challenge will run throughout the month of June 2025

The event is virtual. Walk the dog, sprint around the block, run on the treadmill, cycle to school, it all counts towards your mileage count!

Tracking:

Submit your team's mileage each week using a simple form to see your teams progress plotted on the map and listed in the league.

Individual Entry:

You be placed into a virtual team with other entrants in your geographical region.

Team Entry:

Minimum 3/Maximum 10 people per team

Network:

Slack groups will be created for each team so members can support each other, share progress, network, and even meet up.

Standardised Distance System:

To keep the challenge fair and inclusive, distances are standardised based on a 10-person team.

We understand that a smaller team—say, 3 or 4 people—would have a harder time covering 281 miles than a team of 10. To level the playing field, we've introduced a standardisation system that adjusts distances proportionally.

This system ensures that teams of all sizes, from large companies to smaller firms, sole traders or individuals, can enter and compete fairly — so everyone has a chance to take part and challenge themselves!

Less-abled Participants:

This event is designed to be as inclusive as possible. If you are not able to enter as a walker, wheelchair user, runner, or cyclist, we would love to hear from you. We will happily make adjustments to accommodate all abilities.

Your Commitment:

Raise a minimum of £50 per team member to support our fantastic charity!

Winning Categories

Everyone is a winner but for the more competitive participants among us, here are the categories that you can win in:

- **First team in their category to cover the distance**
- **Most overall miles covered by a team over the month of June**
- **Most funds raised by a team for LionHeart**
- **Best Social Media video**

To sign up to take part, enter your name,
and team members names here:

<https://forms.office.com/e/4ECcrcRf0L>



Important Links

Application form: <https://forms.office.com/e/4ECcrcRf0L>

Video explainer: <https://www.youtube.com/watch?v=eQlsVUIkP1E>

Main fundraising page: <https://www.justgiving.com/team/sdl-lhh25>

Video guide to Slack: TBC

Video guide to setting up Just Giving: <https://youtu.be/t8ZQwfuDqBA>

If you have any questions please get in touch with:

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