



140 Challenge

▶ Your challenge. Your Way.

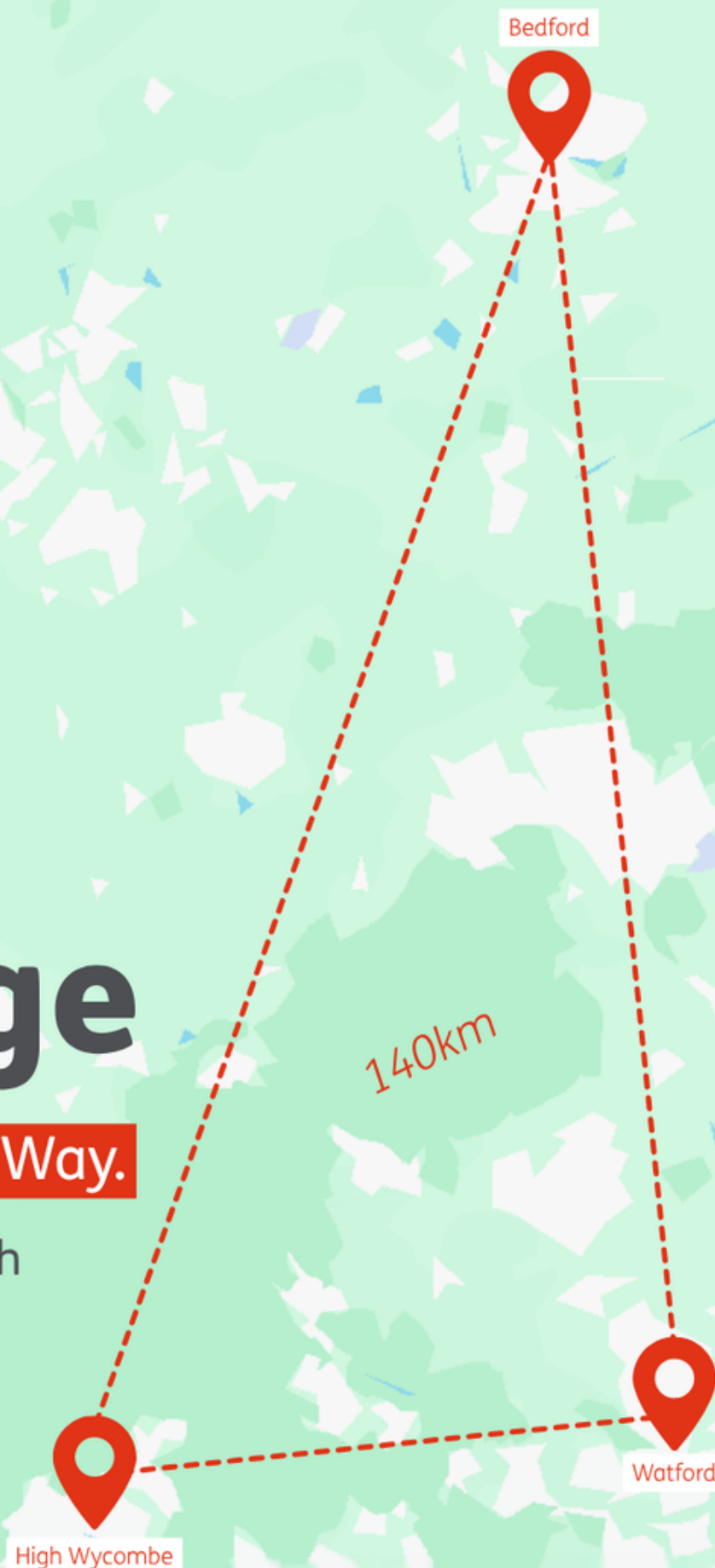


140 Challenge

► Your challenge. Your Way.

Complete 140km in the month of September. Do it your way!

YMCA | Here for young people
Here for communities
Here for you



▲ 140 Challenge
Your challenge. Your way.

This September, as we celebrate 140 years of One YMCA, we're inviting you to be part of something special!

Did you know that, as the crow flies, the distance between some of our key locations in Watford, Bedford and High Wycombe is 140km? That distance has inspired our challenge 👉 complete 140km in any way that you choose.

- 🚶 Walk it
- 🏃 Run it
- 🚲 Cycle it
- 🏊 Swim it
- 🦘 Hop it, skip it, jump it... however you get there, every kilometre counts!

There are no set rules, no set route, no set date, and no set location. Take on your challenge at a time that suits you during the month of September!

Go solo or make it even more rewarding by getting a team together. Challenge your colleagues, friends, family, community groups to take on the 140km and make a real difference together.

We ask everyone taking part to raise a minimum of £140 per person, helping us continue supporting people across our region.

Don't forget to send us in your content during your challenge!

Who's taking on the 140 Challenge this September?

YMCA

Here for young people
Here for communities
Here for you

FR

Registered with
FUNDRAISING
REGULATOR

140 YEARS

YMCA

1886 2026

Here for generations

140

Challenge

How will you do your 140?

140

Challenge



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Your 140.

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Who are you completing your 140 with?

140

Challenge





140 Challenge

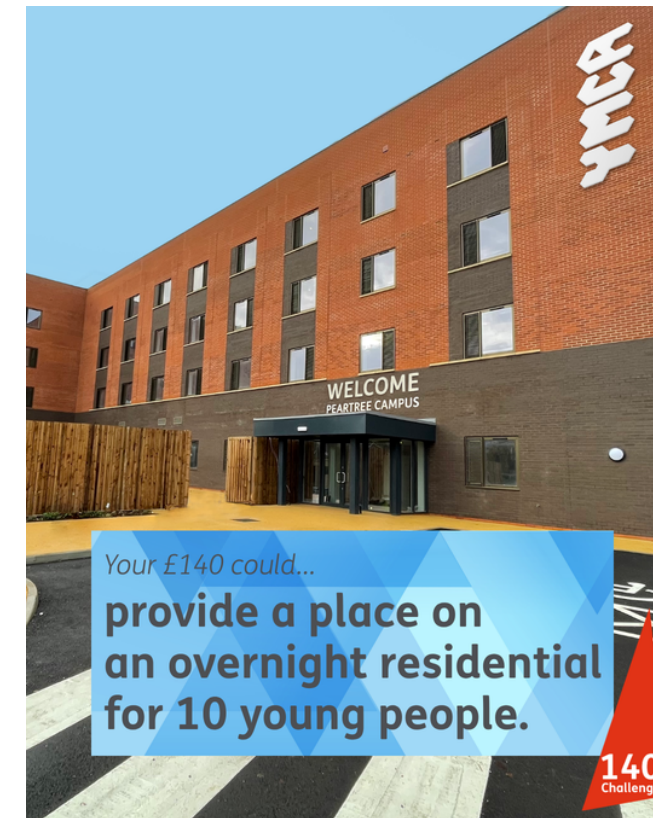
▶ What could your £140 do?...

140
Challenge



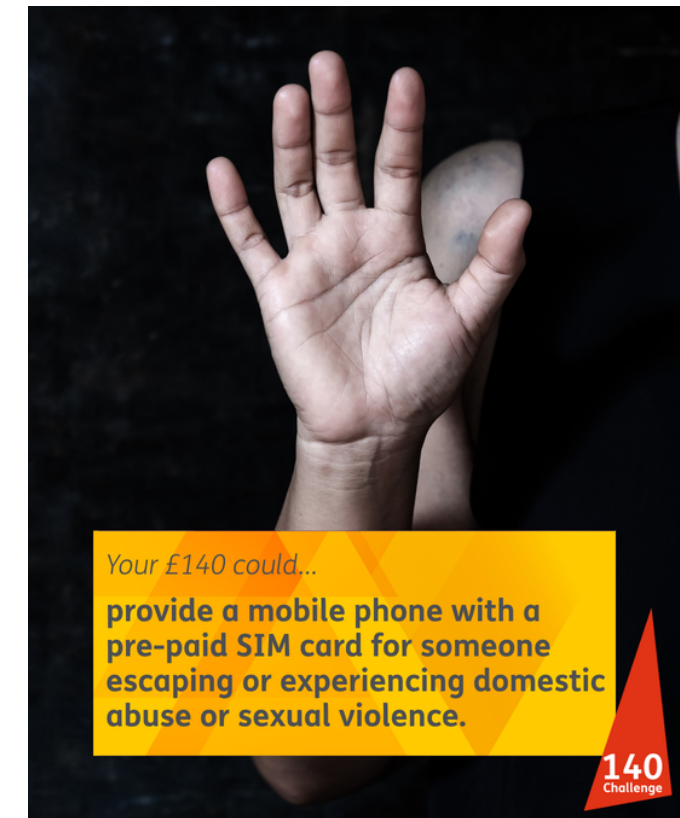
Your £140 could...
**provide training for
five adult mentors for
young people.**

140
Challenge



Your £140 could...
**provide a place on
an overnight residential
for 10 young people.**

140
Challenge



Your £140 could...
**provide a mobile phone with a
pre-paid SIM card for someone
escaping or experiencing domestic
abuse or sexual violence.**

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Your £140 could...
**provide a Parent Workshop
equipping 30 parents with the
tools to support their children
to navigate the digital world.**

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Your £140 could...
**provide sensory or SEND
focused provision in our
Charters Nursery.**

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Or if your team go above and beyond,
£1400 could...
**provide 10 school workshops
empowering children to enjoy
healthy relationships.**

140
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