



CLAREMONT

Lads v Lasses – 11 Point Lockdown Challenge

Task	Date Done	Proof	Points
1. Run 11K			
2. Run 1.1 miles without leaving your street			
3. Run up and down a hill 11 times			
4. Complete a run of at least 11 minutes before 8:49			
5. Complete 11 runs in the 14 days			
6. Take a mid-run photo of a duck			
7. Run with a friend			
8. Take a mid-run photo of something sky-blue			
All completed? Gain 3 bonus points			
Total			

Note – only one task per run can count.

Email teamcaptains or post on Strava throughout to let us know how you are getting on.