



Grand Run Challenge

Third of the year is behind us, two thirds to go.

In April there were seventeen of us who went for a run or a walk. In 89 activities we covered 541.26 kilometres.

If we add all the kilometres together, then we can see that during 2023 we have now run/walked the total of 2,764.80 kilometres! And so far ten of us (in bold in the table below right) can look forward to that amazing super quality unique must have running top and vouchers at the beginning of next year (more details regarding the rewards is on the next page).

The tables below show April stats and the total of 2023 so far.

Running and walking

Athlete	Run/Walk (km in April)
Darren Moth	107.71
Iva Pearce	81.11
Ash Ball	66.41
Harry Owen	47.94
Martha Field	46.24
Liam Robertson	39.8
Anthony Stevens	30.99
Rachael Edge	28.81
Nick Smith	28.25
Sophie Evans	16.04
David Field	13
Jonathan Cooper	9.65
Paul Forman	8.5
Linda McLaren	6.3
Catherine Rynne	5.81
Joshua Jones	3.4
Scott Graves	1.3
Grand Total	541.26

Athlete	Run/Walk (km Jan-April)
Darren Moth	366.03
Iva Pearce	351.94
Martha Field	247.72
Rachael Edge	232.43
Harry Owen	213.64
David Field	188.38
Liam Robertson	182.04
Connor Rafferty	160.47
Anthony Stevens	119.05
Chris Skelhorn	106.9
Steve Newell	94.98
Ash Ball	92.31
Joshua Jones	63.54
Catherine Rynne	54.24
Paul Forman	53
Relston Lobo	50.24
Nick Smith	42.43
Sophie Evans	37.52
Jonathan Cooper	35.97
Alex Robinson	32.26
Linda McLaren	21.55
James Yelland	16.86
Scott Graves	1.3
Grand Total	2764.8

For the little Emily Pearce fun club, she is now on 41 run km.

This month there won't be split between people who choose to run or walk as it has caused some unhappiness. Which is definitely not the aim of this challenge.

Let's just all get out there to get some fresh air and exercise for our own mental and physical benefits. x

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☺ Happy New Year all ☺

Does anyone have RUNNING as their New Year's resolution?

Let's help each other to stay motivated and do the Novia Global Grand Run Challenge.

Grand = 1000 = one thousand kilometres to be run by 31.12.23.

As the ultimate 1000k is a pretty long way and the idea is to include most of the Novia Global family, there are in total four categories:

1000k, 500k, 250k, 100k

You can run, walk, skip, jog, stroll, prance, waddle, sprint...

Drop me an email if you want to join in and I will let you know more details.

There will be monthly progress updates so we can see how we stand.

REWARDS:



- Fitter body (stronger heart, bones, muscles, healthier joints, better immunity)
- Clearer mind (good mood, better sleep, improved memory, happier self)
- An amazing super quality unique must have running top
- £100/£50/£25/£10 voucher to a shop of your choice

Some conversions to help to picture the distance split in a year, month, week, day:

1000k challenge reward £100		
	Kilometres	Miles
Year	1000	621.37
Month	83.8	51.78
Week	19.2	11.95
Day	2.74	1.7

500k challenge reward £50		
	Kilometres	Miles
Year	500	310.69
Month	41.9	25.89
Week	9.6	5.98
Day	1.37	0.85

250k challenge reward £25		
	Kilometres	Miles
Year	250	155.34
Month	20.95	12.95
Week	4.8	2.99
Day	0.69	0.43

100k challenge reward £10		
	Kilometres	Miles
Year	100	62.14
Month	8.38	5.18
Week	1.92	1.20
Day	0.27	0.17