



Grand Run Challenge

July stats

Number of activities: 114
 Number of active athletes: 19
 Kilometres covered: 658.54

In total, during 2023 we have now run/walked 4652.03 kilometres! And already 15 of us – exactly half – have reached the minimum distance 100k in order to reach the minimum award at the end of the year. The maximum award anyone can reach is £100 which might be just the right motivation to tie up peoples’ shoelaces. Anyone can still join in and run/walk. More details on the next page.

The table below on the left shows July stats and the table on the right shows the total of 2023 so far.

Athlete	Run/Walk km in July
Iva Pearce	157.92
Darren Moth	116.05
Liam Robertson	82.4
Martha Field	50.17
David Field	38.23
Rachael Edge	32.34
Anthony Stevens	31.91
Steve Newell	29.29
Nicole Wheeler	21.67
Sophie Evans	21.6
Catherine Rynne	17.69
Paul Forman	10.93
Paul Parry	10.52
Jon Cooper	9.12
Nick Smith	8.93
James Yelland	8.03
Joe Lindsey	5.99
Ash Ball	2.97
Jennifer Tross	2.78
Grand Total	658.54

Athlete	Run/Walk km Jan-Jul
Darren Moth	672.25
Iva Pearce	600.53
Liam Robertson	395.39
Martha Field	374.83
Rachael Edge	353.51
David Field	316.13
Anthony Stevens	216.57
Harry Owen	215.12
Connor Rafferty	160.47
Jake Pearce	152.48
Steve Newell	141.85
Ash Ball	135.6
Catherine Rynne	117.07
Nick Smith	111.68
Chris Skelhorn	106.9
Jon Cooper	86.1
Paul Forman	82.57
James Yelland	72.23
Sophie Evans	72.05
Joshua Jones	63.54
Relston Lobo	55.3
Alex Robinson	32.26
Jennifer Tross	32.06
Nicole Wheeler	21.67
Linda McLaren	21.55
Scott Graves	12.11
Paul Parry	10.52
Joe Lindsey	10.12
Sarah Owen	7.83
Victoria Rendell	1.74
Grand Total	4652.03

A few of us keep training for the Bath Half Marathon.

Details for the charity/charities we will be running for are being confirmed, thank you for your suggestions.

And for the Emily Pearce fun club – she is now on 58k.



Grand Run Challenge

☺ 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 and 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