



The Rules

1. The challenge runs from Saturday 22nd July 2023 and must be completed by Sunday 3rd September 2023.
2. Minimum total distance required is 8 kilometres over the holiday, it does not have to be completed in one attempt, you can complete it on any day or days that you like.
3. The challenge can be completed anywhere in the world (so if you are away on your holiday, you can still take part where ever you are).
4. You are allowed to mix as many different ways as you want to complete the challenge.
5. You need to record your distance on either your Chromebook, tablet/mobile app or on the tracking sheet provided.
6. Records of the distance that you have completed, sponsorship forms and all money collected must be handed into the school office no later than Friday 8th September 2023.

We would love to see either photos or videos of you completing the challenge, please send any to office@bowesprimary.org

The Reward

1. Everyone taking part who completes the 8k (or more) will receive a certificate of their achievement.
2. Medals will be given as follows for your sponsorship:-
 - Bronze Medal, if you raise between £50 and £100 in sponsorship
 - Silver Medal, if you raise between £100 and £150 in sponsorship
 - Gold Medal, if you raise more than £150
3. In addition to the certificate and medals, prizes will be given in 3 categories:-
 - Creativity - For the most creative way of completing the challenge.
 - Distance - For The most distance covered during the challenge.
 - Money Raised - The most money raised for the challenges.

**THANKYOU FOR TAKING PART AND SUPPORTING
FRIENDS OF BOWES AND BOWES PRIMARY SCHOOL**

NAME.....

CLASS.....



Bowes Active 8

Friends of Bowes



SPONSORED SUMMER CHALLENGE



Saturday 22nd July 2023 to Sunday 3rd September 2023.

If you are recording your distances on your Chromebook or a tablet/ mobile app you do not need to complete this sheet (unless you want to)

Date	Activity	Distance (KM)	Date	Activity	Distance (KM)
Sat 22-Jul-23			Sat 12-Aug-23		
Sun 23-Jul-23			Sun 13-Aug-23		
Mon 24-Jul-23			Mon 14-Aug-23		
Tue 25-Jul-23			Tue 15-Aug-23		
Wed 26-Jul-23			Wed 16-Aug-23		
Thu 27-Jul-23			Thu 17-Aug-23		
Fri 28-Jul-23			Fri 18-Aug-23		
Sat 29-Jul-23			Sat 19-Aug-23		
Sun 30-Jul-23			Sun 20-Aug-23		
Mon 31-Jul-23			Mon 21-Aug-23		
Tue 01-Aug-23			Tue 22-Aug-23		
Wed 02-Aug-23			Wed 23-Aug-23		
Thu 03-Aug-23			Thu 24-Aug-23		
Fri 04-Aug-23			Fri 25-Aug-23		
Sat 05-Aug-23			Sat 26-Aug-23		
Sun 06-Aug-23			Sun 27-Aug-23		
Mon 07-Aug-23			Mon 28-Aug-23		
Tue 08-Aug-23			Tue 29-Aug-23		
Wed 09-Aug-23			Wed 30-Aug-23		
Thu 10-Aug-23			Thu 31-Aug-23		
Fri 11-Aug-23			Fri 01-Sep-23		
			Sat 02-Sep-23		
			Sun 03-Sep-23		
Total Distance (KM) Completed					

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