

EVENT:	CSET Sports Partnership Summer Marathon Challenge
DATES:	Summer Holidays
VENUE:	Your own back garden / in the park / on holiday / wherever else you are!!

CHALLENGE 1:

✚ Are you up for the CSET Summer Marathon Challenge?

✚ Can you complete 26.2 miles over the holiday?

✚ You can choose how you would like to cover the miles -

walk,  cycle,  jog,  scoot  skip  swim  etc

and complete the miles in your garden, in the park, on holiday or wherever else you are!

✚ This is a challenge for the whole family and we have provided a chart so you can keep a record of your progress.

✚ You decide when you run and how far you run on each day - moving around the chart depending on the distance you do.

✚ The Marathon is divided into 3 legs -

- Leg 1 Stages 1 - 3 8.6 miles. Once complete, print off your bronze certificate
- Leg 2 Stages 4 - 6 8.8 miles. Once complete, print off your silver certificate
- Leg 3 Stages 7 - 9 8.8 miles. Once complete, print off your gold certificate

We have asked schools to place the certificates on their school website but if you can't find them on there, contact us at csetprimarycompetition@cset.co.uk and we will email your certificate out to you.

Let us know how you get on Twitter @CSETSports1

Good Luck!!

CHALLENGE 2:

✚ Would you like to design your own marathon course?

✚ It can be set anywhere you want and the only rule is that it has to be 26.2 miles.

✚ Please send your course through to us at csetprimarycompetition@cset.co.uk over the summer. The winner will have their course used as a personal challenge for all CSET schools later in the year!

✚ The winner will be announced in September.

Stage 1: Mangotfield to Pucklechurch	2.7 miles
Stage 2: Pucklechurch to Lyde Green	2.7 miles
Stage 3: Lyde Green to Bromley Heath	3.2 miles
Stage 4: Bromley Heath to Winterbourne	3.2 miles
Stage 5: Winterbourne to Iron Acton	3.2 miles
Stage 6: Iron Acton to Yate	2.4 miles
Stage 7: Yate to Old Sodbury	2.7 miles
Stage 8: Old Sodbury to Tormarton	2.7 miles
Stage 9: Tormarton to Hinton	3.4 miles



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