



Run 5K	Run with another of your family		Run a sprint session	Run before 9:00 am
Take a mid-run selfie	Take a picture of some wildlife	Run and say hello to everyone you pass	Run in your garden for 1km	Run 3 days in a row
Run your favourite route in reverse	Run up a big hill	Run in fancy dress (photo evidence required)	Run in your Harrier top	Run a virtual Parkrun at 9:00am on a Saturday
Run in a wood	Run without your watch	Cycle 5 miles then run 1 mile	Run 10km	Run somewhere you have never run before