



LDWA Centurion Challenge August 2020

Thank you for showing interest in the August 100-mile Centurion Challenge.

If you'd like to bring some focus to your exercise in August why not join in with the LDWA Virtual 100-mile Challenge.

As the guidelines on exercise continue to change, the virtual challenges continue to be attractive to many LDWA members who for one reason or another cannot manage long distances, but the challenge of walking just over 3 miles a day, each day in the month is not only achievable, but also gives many a focus. However, the challenges are open to EVERYONE, regardless of how little or how far they can walk – the only request we make is that people should only record the distance they cover in **any one hour of daily activity**.

Quite apart from the exercise itself, the associated Facebook pages for those on social media, has been hugely successful in creating a friendly and supportive community for sharing photographs and experiences, especially at a time when group walks were suspended. However, it is quite possible to participate without using Facebook as the spreadsheet is held on the member pages of the LDWA website.

The virtual challenges have also been attractive to our international members, a number of whom walked their 100 miles in some very exotic surroundings, without the cost and effort of travelling to the UK!

Information about the Challenge.

The Centurion Challenge is our acknowledgement of the inclusive nature and appeal of the Paralympics that would have taken place this month. Our virtual challenges have that same appeal.

To join in with the August Challenge you do not need to actually sprint 100 metres or run a marathon. You can walk in your own local area, in your own house or even on holiday, whether local or as part of a longer outing. The main thing is, as before, **you should only log the distance you cover in any one hour of each day**. If you can walk 3.25 miles each day you will reach the magic 100 miles in the month. However, the clever thing is, as you take your daily exercise you will actually be totting up the distances of actual Paralympic events as shown in the table below and working towards a bronze, silver or gold medal, depending on how far you get in the month.



LDWA AUGUST CENTURION CHALLENGE 2020			
Track Events			
Steeplechase	3000 metres	1.875 miles	
100m		0.062 miles	
200m		0.124 miles	
400m		0.248 miles	
800m		0.49 miles	
1500m		0.93 miles	
3000m		1.875 miles	
5000m		3.10 miles	
10000m		6.21 miles	
	Total of Track Events	14.914 miles	
Bronze Award for Track Events = 14.914 miles			
Triathlon	Swim 1.5km	0.93 miles	0.93
	Cycle 40km	25 miles	25
	Run 10km	6.21 miles	6.21
	Triathlon		32.14
Silver Award for Track Events + Triathlon = 47.054 miles			
Speed Walk		31 miles	31
Marathon		26 miles	26
	Speed Walk &		57 miles
Gold Award for Track Events + Triathlon + Speed Walk & Marathon = 104.054 miles			

The rules are simple.

To log your mileage you must be an LDWA member.

Follow this link to the spreadsheet and add your name and local group in the next available row. Each day log how far you have walked or run (to the nearest tenth of a mile) during **an hour** of your regular daily exercise into the spreadsheet in the



appropriate column. You will see your cumulative total totting up next to your name and group.

On this challenge there are 3 medal opportunities at approximately 15 (bronze), 47 (silver) and 100 miles (gold).

There is a **Facebook group** where the fun bit happens. If you use social media, please post photos from your daily outings, follow others' progress and make comments to support fellow participants. However, there is no requirement to be part of social media to take part in the challenge.

Finally **click here** if you would like to make a voluntary donation to LDWA for organising this challenge.

Looking forward to seeing you 'en route'. **#staysafe** and **#staylocal**.

Julie Cribb

LDWA NEC Local Groups' Officer