



## HRSGP PRESENTS THE

# HASTINGS HALF MARATHON

## AT HOME CHALLENGE

Just because you're not at school doesn't mean you can't still do the Daily Mile and just because the Hastings Half Marathon has been cancelled for this year, it doesn't mean it can't still be run....

If you and your family are feeling well, showing no symptoms and remember the social distance rules, you can exercise outside every single day, so why not join our Half Marathon Challenge.

You can do any distance you like each day (download the Strava app to help you, or use your Fitbit or smart watch), fill in the chart and post how far you've gone each day @hrsspe #StayActiveSussex

Who will be the first person to walk, wheel or run the whole 13.1 miles?

Which school will have the most participants?

Don't delay - start today 🏃 🚲 🚶



walk



wheel



run