Physical Challenges:- A stand alone award

It also scores points for your House & can be used towards the 'Ermysted Award'

One off activities • Organise to do a one-off event • On your own or • As a team or • Do an existing event • Plan an expedition or event on Holiday	*Why not double up your 'Physical Challenge' with a 'Sponsored Challenge' (A la 'Captain Tom')*	**Virtual Challenges** **Match the distance of one of the long distance walks / routes** • **Walking,** • **Running or** • **Cycling**
Evidence with • Free Apps eg • Strava • Mapmyride • Mapmyrun • Mapmywalk • Training logs etc. • Photo of your treadmill workout	**Claim your Award** • Bronze / Silver / Gold • Dependant on level not age! • The awards must be done in order (except Sixth Formers who can start with Gold) and mileage resets after each award. • Certificate & a nice 'Memento' • House Points (5/10/20)	**Use one of these** • Treadmill • Exercise Bike • Laps of 'The Top' • Back Garden • Laps of a local route • Fitbit/Pedometer/GPS/ Photos

Your Physical Challenge does need to be evidenced to claim the award (SDS). Lots of good Apps out there as well as your own photos, logs and evidence of planning.

Bronze/Silver/Gold Physical Challenges

	Walk	*Run*	*Cycle*
Real **Walk, Run, Cycle or even Swim a challenging distance or compete in / complete a one off event**	**One Off Walks** • A Local Route in the dales (min 5/10/15 miles) • A section of the Dales Way • Any 1 of the 3 peaks • Any 2 of the 3 Peaks • Three Peaks (24M) • Climb a lakeland Fell, Monroe etc.	**One Off Runs** • Cross-Country Race • Park Run • Santa Fun Run • Local Fell Race • 10K • Half Marathon • Marathon	**One off Rides** • A Sportif (25M/50M/100M) • A Tour de France Route • A Tour de Yorkshire Route • Leeds – Liverpool Canal (127M) • C2C (136M) • Way of the Roses (174M)
Virtual Challenges **Match the distance of one of the long distance walks / routes Walking, Running or Cycling**	**Long Distance Walks** • Dales Way (80M) • Hadrian's Wall (83M) • West Highland Way (96M) • Leeds-Liverpool Canal (127M) • Wainwright's Coast to Coast (192M) • Pennine Way (268M)	**Long Distance Runs** • Half Marathon • Three Peaks (24M) • Marathon (26M) • Dales Way (80M) • Hadrian's Wall (83M) • West Highland Way (96M) • Leeds – Liverpool Canal (127M) • C2C (136M) • Way of the Roses (174M)	**Long Distance Rides** • A Sportif (25M/50M/100M) • A Tour de France Route • A Tour de Yorkshire Route • Leeds – Liverpool Canal (127M) • C2C (136M) • Way of the Roses (174M) • London – Edinburgh (435M) • North Coast 500 (500M) • Lands End to John O' Groats (850M)

Bronze/Silver/Gold Physical Challenges

	Bronze	Silver	Gold
Real **Walk, Run, Cycle or even Swim a challenging distance or compete in / complete a one off event**	• A Local Route in the dales (min 5 miles) • A section of the Dales Way • Any 1 of the 3 peaks • Climb a Local or lakeland Fell • Run a Cross-Country or Fell Race • Park Run / Santa Run • Cycle a Sportif (25M) • A section of a Tour de France/Tour de Yorkshire Route • A section of the Leeds – Liverpool Canal	• A Local Route in the dales (min 10 miles) • Walk 'The Dales Way' • Any 2 of the 3 Peaks • Climb a lakeland Fell, Monroe etc. • Race over 10K • Long Local Fell Race • Half Marathon • Cycle a Sportif (50M) • A long section of a Tour de France/Tour de Yorkshire Route • A long section of the Leeds – Liverpool Canal	• A Local Route in the dales (min 15 miles) • Three Peaks (24M) • Climb a substantial lakeland Fell, Monroe etc. • Run a Long Fell Race • Marathon • Cycle a Sportif (100M) • A Tour de France Route • A Tour de Yorkshire Route • Leeds – Liverpool Canal (127M) • C2C (136M) • Way of the Roses (174M)
Virtual Challenges **Match the distance of one of the long distance walks / routes Walking, Running or Cycling**	**Walk or Run** • Three Peaks (24M) • Marathon (26M) **Cycle (50+M)** • Dales Way (80M) • Hadrian's Wall (83M) • West Highland Way (96M)	**Walk or Run** • Dales Way (80M) • Hadrian's Wall (83M) • West Highland Way (96M) **Cycle (100+M)** • A Tour de France/Tour de Yorkshire Route • Leeds – Liverpool Canal (127M) • C2C (136M) • Way of the Roses (174M)	**Walk or Run** • Leeds – Liverpool Canal (127M) • C2C (136M) • Way of the Roses (174M) **Cycle (200+M)** • London – Edinburgh (435M) • North Coast 500 (500M) • Lands End to John O' Groats (850M)

Bronze/Silver/Gold Physical Challenges (Approx Distances)

	Bronze	*Silver*	*Gold*
Real **Walk, Run, Cycle or even Swim a challenging distance or compete in / complete a one off event**	**Swim** • **0.5 Miles 800m** **Walk** • **5 miles 10k** **Run** • **5k** **Cycle** • **10 miles**	**Swim** • **1.25 Miles 2000m** **Walk** • **8 miles** **Run** • **10 k** **Cycle** • **25 miles**	**Swim** • **3 Miles 5000m** **Walk** • **16 miles** **Run** • **10 miles** **Cycle** • **50 miles**
Virtual Challenges **Match the distance of one of the long distance walks / routes Walking, Running or Cycling**	**Swim** • **2 Miles** **Walk** • **15 miles** **Run** • **10 miles** **Cycle** • **30 miles**	**Swim** • **5 Miles** **Walk** • **30 miles** **Run** • **20 miles** **Cycle** • **50 miles**	**Swim** • **10 Miles** **Walk** • **50 miles** **Run** • **30 miles** **Cycle** • **100 miles**