

# MANCUNIAN MILES CHALLENGE

ACTIVITY 1

ACTIVITY COMPLETED

DATE

ACTIVITY 2

ACTIVITY COMPLETED

DATE

ACTIVITY 3

ACTIVITY COMPLETED

DATE

ACTIVITY 4

ACTIVITY COMPLETED

DATE

ACTIVITY 5

ACTIVITY COMPLETED

DATE

ACTIVITY 6

ACTIVITY COMPLETED

DATE

A MARATHON  
IS **26.2 MILES**  
THAT'S **42,000**  
METRES!

ACTIVITY 9

ACTIVITY COMPLETED

DATE

ACTIVITY 8

ACTIVITY COMPLETED

DATE

ACTIVITY 7

ACTIVITY COMPLETED

DATE

ON AVERAGE IT  
TAKES **4 HOURS**  
OF CONTINUOUS  
RUNNING TO  
COMPLETE A  
MARATHON

ACTIVITY 12

ACTIVITY COMPLETED

DATE

ACTIVITY 13

ACTIVITY COMPLETED

DATE

ACTIVITY 14

ACTIVITY COMPLETED

DATE



ACTIVITY 15

ACTIVITY COMPLETED

DATE

ACTIVITY 16

ACTIVITY COMPLETED

DATE

PEOPLE TRAIN  
FOR UP TO  
**3 MONTHS** BEFORE  
RUNNING A  
MARATHON

ACTIVITY 21

ACTIVITY COMPLETED

DATE

ACTIVITY 20

ACTIVITY COMPLETED

DATE

ACTIVITY 19

ACTIVITY COMPLETED

DATE

ACTIVITY 18

ACTIVITY COMPLETED

DATE

MANCHESTER  
HOLDS EUROPE'S  
**4TH LARGEST**  
MARATHON EVERY  
APRIL

ACTIVITY 23

ACTIVITY COMPLETED

DATE

ACTIVITY 24

ACTIVITY COMPLETED

DATE

EATING HEALTHY  
AND NUTRITIOUS  
FOOD HELPS YOU  
RUN FOR LONGER

ACTIVITY 25

ACTIVITY COMPLETED

DATE

ACTIVITY 26

ACTIVITY COMPLETED

DATE

ACTIVITY 22

ACTIVITY COMPLETED

DATE



#MANCHESTERMARATHON

WWW.MANCHESTERMARATHON.CO.UK

#MANCUNIANMILES