



# One Mile Challenge

(For East Anglian Children's Hospices)



## What's the event?

It's simple - run as fast as you can for 1 mile (1.609km's) and see what you can do!

You can do your 1-mile effort indoors on a treadmill or outdoors...both if you enter twice!

You don't have to be fast as this is mainly about challenging yourself and helping others at the same time.

## Who can take part?

Anyone if you are fit to do so, however children should be accompanied/supervised by a responsible adult.

## How much is it to enter?

The cost is £2.00 (plus a 50p booking fee) – click here to enter:

<https://www.entrycentral.com/onemilerun>

## How does EACH benefit?

By taking part in this event you are also supporting our chosen charity for this month, which is [East Anglian Children's Hospices \(EACH\)](#). Like a lot of charities they are finding it difficult to raise much-needed funds during the Covid-19 pandemic. With all profits from the event going to EACH we hope our event will help a little towards all the good work they do.

Additional donation to EACH can also be made before completing your entry should you wish to.

## How does it work?

You complete your run and once you've caught your breath again all you need to do is send us some form of evidence - Strava workout or GPS watch data etc.

## Are there any prizes?

Whilst this event is mainly for fun we have some small gifts/prizes in the form of our exclusive Can But Tri trolley/locker coins (UK postage only) to the fastest male and female for both indoor and outdoor runs. We will also send out a few random prizes too, so everyone is in with a chance!

## Where will I find the results?

We will have leaderboards on our website at [www.canbuttri.co.uk](http://www.canbuttri.co.uk) and post regular updates on our facebook page.

## Is there anything else I need to know?

A few key points to note: -

- Please ensure you are sufficiently fit & healthy to participate in this event.
- Please warm up properly before completing your effort, especially if you are going to push your limits.
- Please be mindful of your own safety especially if completing your effort out on the roads.
- Please observe all current Covid-19 guidance/rules from the Government.
- Please only submit honest information about your run - We are sure you would anyway, but we do reserve the right to disqualify entrants without refund if we have sufficient evidence to suggest cheating has occurred (e.g. using a bike or motorised vehicle for example).
- Enjoy it if you can!

## Who do I contact if I still have a question?

If you have any questions please let us know - [info@canbuttri.co.uk](mailto:info@canbuttri.co.uk)

Iain & Jill Dawson

**Can But Tri Events**