

Dr Ron Hill 7 Mile Challenge

Ask your parent or guardian to carefully cut out Mo the Bee



The Running Bee Foundation's Dr Ron Hill 7 Mile Challenge is back for 2020!

Put on your running shoes and guide Mo the Bee around the map of Tameside to the finish line. After every mile you complete, whether you chose to run, walk 2500 steps or jog for 20 minutes for each, move your Mo the Bee to the next location, until you reach the 7th stage! Share your progress with us, send us a picture or video on how you are completing your miles to info@runningbeefoundation.co.uk. Or, find us on social media and tag us and your school in! @TheRunningBee @tamesidessp When you have completed your own Tour of Tameside with Mo the Bee, you'll receive a certificate.

Good luck!

#BeeActiveBeeHealthyBeeHappy

The foundation is asking all participants who take on the Dr Ron Hill 7 Mile Challenge to abide by the NHS guidelines and keep their social distance from others, especially when choosing to exercise outdoors (always keeping 2 meter distance) and, ensure to wash your hands for 20 seconds as soon as you complete your exercise. More information can be found via the NHS website.

