

**WE INVITE YOU TO WALK/ RUN/
JOG/ ROW 5K (3.1 MILES)
IN ONE SESSION**

Papworth Trust

**VIRTUAL 5K
RUN, WALK, JOG, ROW**

Exercise is vitally important for our wellbeing, even when working together to flatten the Covid-19 curve through social distancing, we need to get fit and stay fit.

We challenge you to walk / run / jog / row 5k (3.1 miles) in one session

To enter simply donate your £10 entry fee through www.justgiving.com/campaign/PapworthTrust insert 5K (3.1 miles) and leave your name in the comments.

Please make sure you manually insert the amount you are donating and set the contribution amount to OTHER. This means that your donation will be the published entry fee without any added costs.

When you have completed your 5k (3.1 miles) please email confirmation (a screenshot of Strava or similar) to jo.revitt@papworthtrust.org.uk

All competitors who complete the challenge will receive a medal!

By entering this competition you agree to Papworth Trust publishing your entry on the Papworth Trust website and social media.

Tweet us @Papworth_Trust and use #PapworthTrustVirtualChallenge