

DURHAM 2021 FESTIVAL

Supporting the
COVID-19
Community Fund



COVID-19 Challenges

Please join in or lend your support

All of these events have to be conducted in accordance with the government guidelines regarding outdoor activities and social distancing. Currently these could be done solo in your house or outdoors with your family unit or one non family member, provided social distancing is maintained.

The following are just some suggestions. If you have any ideas of your own that would be great. If you want to take part please get in touch and we can assist you with an online fundraising page. Every fundraiser will receive the new MCF 2020 shirt and a medal

Cycling

1. 100 Miles in 1 day (virtual or in person). Event open any day from now until 31.10.20
2. 300 Miles in 1 month (virtual or in person). Event open for any continuous 30 day period from now until 31.10.20

Running

1. Run 5k in 1 day (virtual or in person). Event open any day from now until 31.10.20
2. Run 10k in 1 day (virtual or in person). Event open any day from now until 31.10.20
3. Run a half Marathon 1 day (virtual or in person). Event open any day from now until 31.10.20
4. Run a Marathon 1 day (virtual or in person). Event open any day from now until 31.10.20
5. Run 50 Miles in 1 month (virtual or in person). Event open for any continuous 30 day period from now until 31.10.20

Walking

1. Walk 15 miles in one day (virtual or in person). Event open any day from now until 31.10.20
2. Walk 50 miles in 1 month (virtual or in person). Event open for any continuous 30 day period from now until 31.10.20
3. Walk a 1,000,000 steps in 60 days (virtual or in person). Event open for any 60 day continuous period from now until 31.10.20

Climbing

1. Climb the height of Scafell Pike (3209ft) in 1 day (virtual or in person). Event open from now until 31.10.20
2. Climb the height of Everest (29029ft) in 1 month (virtual or in person). Event open for any continuous 30 day period from now until 31.10.20



Get involved & make a difference

Contact Paul Quinn Mob: 07946419224 | Email: paul.quinn@durham2021.org



STAY ALERT



CONTROL THE VIRUS



SAVE LIVES