



#dothedash

1km Run



Presented jointly by Go Well and Durham & Chester le Street SSP



Description

For Dash! Family & Friends (16 years +). Run one kilometre and record it in our **DotheDash2021** Strava club.

One kilometre Run Challenge

You have one week to record your best one kilometre time; record it on Strava to see your ranking!

Noah Ngeny (Kenya) set his World Record in 1999 = 2:11:96

Svetlana Masterkova (Russia) set her World Record in 1996 = 2:28:98

How fast can you run?

Sign up to **STRAVA**[™]

Join the "DotheDash2021" Strava Group and run or walk 1 km between **Monday 14th and Sunday 20th June 2021**

Record all your runs, or your best one.

Please title your activity **#dothedash2021xxxx** (where xxxx is your location e.g. Spennymoor, Sedgefield or Sydney).

SAFETY !

- ⇒ Run in appropriate running shoes
- ⇒ Try to run on flat surfaces
- ⇒ Athletes to drink plenty of water

Invite your family and friends to take part wherever they are in the world!

DASH!

#dothedash Coordinators – Chris Boundy - 07825 700776 / Paul Donaghy - 07823 445227

With support of Taylor Shaw / Swinburne Meddison / MCI Group / Bradley Hall Estate Agents