

Commit to Get Far 2014 (January 8th – 17th)

Brighton to Edinburgh Challenge

Sussexsport are challenging staff yet again to work together and get more active. The Brighton to Edinburgh Commit to Get Far challenge is a destination based challenge. There are 14 checkpoints throughout the challenge...your challenge is to get as far as you can on the journey...or even get as far as coming back!!

The journey starts in Brighton and zigzags across the UK covering places such as Southampton, Oxford, Northampton, Leeds and Berwick-Upon-Tweed covering a total of 698 miles. If your team is small then don't worry..just commit to getting as far north as you can. Each day review your goal as a team and set new targets.

To support your team, Sussexsport will be giving all team members free access to our facilities for the 10 day challenge. Each team will then have 10 days to get as far as you can using the following formula.

Cycling, walking, rowing and running count as actual mileage to your challenge. Any other activities will get your team 1 mile for every 15 minutes of activity completed, so an hour of Zumba, spinning, yoga, Pilates etc will give you 4 miles to your team's contribution. Include all the activity that you complete throughout the period of the challenge, so whether it is a cycle at the weekend or a walk with the family...everything counts!

You can have as many in your team as you like and as always we will expect updates and at some points updates mean team treats!

Sussexsport are committing to get to Edinburgh in the 10 days, so the challenge is on!

During the journey to Edinburgh....we will be asking teams 'Where are you?' Teams that let us know within a specified timeframe will be eligible to win a treat

These will happen on the following days...look out for the 'Where are you' post on our Facebook page

Thursday 9th Jan for the Friday 10th Jan treat

Mon 13th Jan for Tuesday 14th treat

Wednesday 15th Jan for Thursday 16th Jan treat

Fri 17th Jan for Monday 20th treat

The next page shows the journey from Brighton and the destinations and the relevant mileage between each one

To enter a team contact Sam Fuller s.n.fuller@sussex.ac.uk Sam will require team name, captain and names and email address of all participants.

Teams must enter before the challenge starts on 8th January.

Commit to Get Far – Brighton to Edinburgh



Sections		Section Miles	Total Miles
1	From Brighton to Southampton	64	64
2	Southampton to London	79	143
3	London to Oxford	60	203
4	Oxford to Northampton	45	248
5	Northampton to Coventry	32	280
6	Coventry to Leicester	25	305
7	Leicester to Nottingham	32	337
8	Nottingham to Sheffield	44	381
9	Sheffield to Manchester	39	420
10	Manchester to Leeds	44	464
11	Leeds to York	26	490
12	York to Middlesbrough	49	539
13	Middlesbrough to Newcastle	40	579
14	Newcastle to Berwick-upon-tweed	63	642
15	Berwick-Upon-Tweed to Edinburgh	56	698