

Hello Everyone!

First off-- thank you so much for showing interest in the Run the Boroughs Challenge! I am still early days in training but your support is giving me some much needed motivation! :)

The Challenge

Run every borough in London over a weekend (with your help!). 160km

When

I am setting to do the challenge the weekend of **August 6 and 7th**. Will be starting quite early as it will be about 9 hours of running each day!

What Can YOU Do

- [Run a borough](#) with me!
- Tell people about the challenge-- always looking for more helpers/runners!
- Donate to my [CrisisUK JustGiving](#) page
- If you happen to know a sports masseuse who is willing to make house calls, send them my way!

Running Your Borough

I have broken down the race into 4 sections, covering 2 sections a day. I will list the boroughs I am running in order and also provide a link to the Google Map on the next page-with your name next to the borough you said you'd like to run with me. Email me at moosenshoes@gmail.com with your name and borough of choice :)

I have mapped out a route in every borough with one of two ideas:

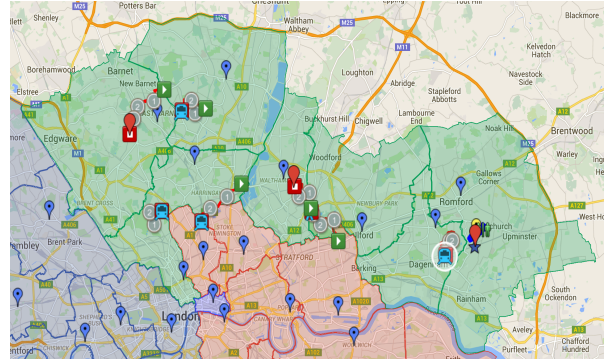
1. I start the next run right after
2. I end near a method of public transportation which I can then take to the next run

Basically the run would go down like this:

- I met you at the start of the run
- You take me on a run of your lovely borough and have a chat (yes this means ***you are in charge of leading!***) This will not be fast, think 10-15 minute mile pacing!
- At the end, we shake hands, get a selfie (maybe I give you a token of appreciation in the form of a button {thats badge to the UK folk} or buff) and I head off to my next run

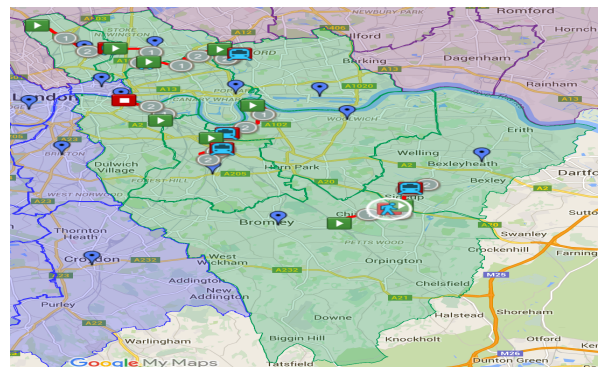
Day One (Morning) [map](#)

1. Havering - Michael K (GG)
2. Barking & Dagenham - Michael K
3. Redbridge- Liz P.
4. Waltham Forest - Liz P.
5. Haringey- Coren H.
6. Enfield- Dominique & Martha (GG)
7. Barnet - Michael (GG)
8. Camden - @RunnersKnees



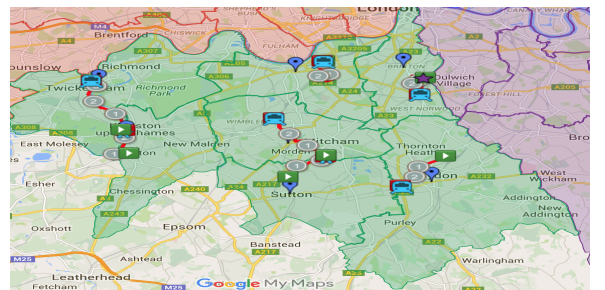
Day One (Afternoon) [map](#)

1. Islington - Ushma
2. Hackney - Brigitte
3. Tower Hamlets - Andy (GG)
4. Newham - Elissa
5. Greenwich - Ricky
6. Lewisham - Dave Keeley
7. **Bexley**
8. **Bromley**
9. Southwark-@t0sh



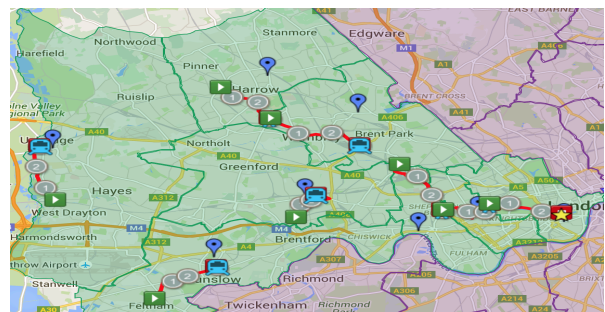
Day Two (Morning) [map](#)

1. Lambeth - Ciara F.
2. Croydon- Emma Murray
3. Sutton- Miranda R.
4. Merton - @niccombe
5. Wandsworth - Ciara F.
6. Kingston- @RunningMiker
7. Richmond on Thames
@RunningMiker



Day Two (Afternoon) [map](#)

1. Hounslow - Nick M
2. Ealing - Gemma
3. Hillingdon - Gemma
4. Harrow- Jo O.
5. Brent- Jo O.
6. Hammersmith & Fulham-Edward Green
7. Kensington & Chelsea - Lucy Jeczalik
8. Westminster-@t0sh



Start Times (approximates)

Day One (Morning)

Havering: 0600-0645

- Transport time to next destination: 13 minutes

Barking & Dagenham: 0700-0745

- Transport time to next destination: 20 minutes

Redbridge: 0805-0850

- Transport time to next destination: 5 minute walk

Waltham Forest: 0900-0945

- Transport time to next destination: 15 minutes

Haringey: 1000-1045

- Transport time to next destination: 25 minutes

Enfield: 1110-1155

- Transport time to next destination: 5 minutes

Barnet: 1200-1245

- Transport time to next destination: 10 minutes

Camden: 1255-1340

- Transport time to next destination: 5 minutes

Day One (Afternoon)

Islington: 1345-1430

- Transport time to next destination: 5 minute walk

Hackney: 1435-1520

- Transport time to next destination: 5 minute walk

Tower Hamlets: 1525 -1610

- Transport time to next destination: 5 minute walk

Newham: 1615-1700

- Transport time to next destination: 10 minutes

Greenwich: 1710-1755

- Transport time to next destination: 5 minutes

Lewisham : 1800-1845

- Transport time to next destination: 15 minutes

Bexley: 1900-1945

- Transport time to next destination: 10 minute walk

Bromley: 1955-2040

- Transport time to next destination: 30 minutes

Southwark: 2110-2155

Day Two (Morning)

Lambeth: 0600-0645

- Transport time to next destination: 30 minutes

Croydon: 0715-0800

- Transport time to next destination: 30 minutes

Sutton: 0830-0915

- Transport time to next destination: 5 minute walk

Merton: 0920-1005

- Transport time to next destination: 10 minutes

Wandsworth: 1020-1105

- Transport time to next destination: 15 minutes

Kingston: 1120-1205

- Transport time to next destination: 5 minutes walk

Richmond on Thames: 1210-1255

- Transport time to next destination: 10 minutes

Day Two (Afternoon) map

Hounslow: 1305-1350

- Transport time to next destination: 10 minutes

Ealing: 1400-1445

- Transport time to next destination: 15 minutes

Hillingdon: 1510-1555

- Transport time to next destination: 15 minutes

Harrow: 1610-1655

- Transport time to next destination: 5 minute walk

Brent: 1700-1745

- Transport time to next destination: 5 minutes

Hammersmith & Fulham: 1750-1835

- Transport time to next destination: 5 minute walk

Kensington & Chelsea: 1840-1925

- Transport time to next destination: 5 minute walk

Westminster: 1930-2015