

Scavenger 2025

	Scavenger Challenge	Points	
1	Run up Schitts Creek	Run incorporating as many poo bins as possible. Poo bins = Specifically for dog poo. NOT human poo bins i.e. toilets. Also, not a normal bin that you can put dog poo in.	1 point per bin
2	Rainbow Run	Run wearing all the 7 colours of the rainbow. Definition: ROYGBIV acronym (no other variations that you lot come up with!)	2 points
3	The 2025	Go for a run on New Years Day (at least one mile)	2 points
4	The Social Runner	Go for a run with a friend and end with a drink and a chat (picture needed).	5 points
5	Blue Monday	Go for a run on Monday 20 th 2025 to combat the January Blue. Bonus point if you go with at least one other person.	2 points (1 bonus for going out with at least others)
6	The Self-Care	Take part in a stretching/strength/conditioning session, online or in person.	2 points
7	The parkrun tourist	Complete a parkrun that isnt your local parkrun.	3 points
8	The T-R-A-I-N-E-R	Spell out the word T-R-A-I-N-E-R using street/building names. The letter must be the first letter of the street/building name.	4 points Double points if you spell the word in order
9	The Committed Harrier	Attend as many Tuesday Trainings as you can. For bonus points the same person must attend all sessions. But both people in the pair get point if they attend an individual session.	2 points per session plus 3 bonus points for attending all 4 sessions.
10	The Birthday Celebration	Jog with Jo. Jo Hooper is 60 on 17th January. She plans to run a half marathon Sunday 12th 8am from Halterworth school. Route and details to follow.	6 points for completing the whole run. 3 for running part of it.
11	See you at the CC6	Participate in the cc6 on 19th January . Itchen Valley Country park.	10 points

12	The Plogger	Go for a run incorporating an act of eco kindness (litter picking!)	5 points
13	Trail Mix	Complete 3 different runs on 3 different trails in January **these runs can also count individually for other challenges**	4 points
14	Pass the Test	Complete a run along the test way (distance of at least 1 mile)	2 points
15	(Don't) Point Fingers	Complete a run incorporating as many finger posts as you like. Definition: A fingerpost is a type of post with one of more arms, pointing in the direction of travel	1 point per finger post
16	Trigger Happy	Complete a run incorporating as many trig points as you like. Definition: A trig point, also known as a triangulation point or triangulation pillar, is a concrete or stone pillar that marks a high point on a hill or mountain.	1 point per trig points
17	The Rest Day	Go for at least a 30-minute walk (no running at all that day)	3 points
18	Gone with the wind	Go for a run incorporating Toothill	4 points
19	The Volunteer/Supporter	Volunteer at a local parkrun, junior parkrun or another race event	5 points
20	The treasure hunt	A number of pictures will be released January 1 st (all destinations will be within a few miles). Complete a run incorporating and recreating these pictures. You must be in them, so I know you've not just used the ones we sent.	4 points
21	The puddle runner	Go for a run in the rain. Bonus point for a picture in a puddle.	2 points
22	The Gymnast	Complete a run of at least 5k with negative splits (where the second half is faster than the first half). Definition: A negative split is a racing strategy that involves completing the second half of a race faster than the first half.	3 points
23	Two for joy	Run until you find see 2 magpies Definition 😊:  Newcastle fans (in full kit) will also be accepted!	3 points
24	The Sunriser	The sun rises at 8.07am on Jan 1st and 7.41am on Jan 31st. Go for a run and	4 points

		capture a sunrise picture on any day in January.	
25	The Improver	Pick a route of at least 5k. Can you improve your time on this route over the course of January? No pausing of watches!	5 points
26	The Godfather	Go for a run that ends at a fish and chip shop. Definition: As long as you get fish & chips it can be a pub/restaurant. But in my mind I'm thinking traditional fish & chip shop	2 points, 5 bonus points if you scoff some chips - picture needed!
27	New Years Resolution	Set yourself a target for January and achieve it. I will trust you to set it and not change it. But ideally you will out it in the group.	5 points
28	What's in a name 2025 (is back)	Go for a run incorporating as many road names with names of people as possible. Definition: Only has to be a first name incorporated in the name (unlike last year, doesn't have to be named after a specific person)	1 point per road name
29	Over the boardwalk	Go for a run incorporating a boardwalk	2 points
30	The Strava Tax	Go for a run finishing with .99 (any length) but proof needed. In KM or Miles	2 points
31	The 31 days of January	Don't worry RED January is not back BUT go for a run of 31minutes on the 31 st of January (I would also accept other iteration of 31 – so 31miles, 31km 😊)	3 points
	<i>Bonus: The Streaker</i>	<i>Go for a run on 7 consecutive days. Only one of the pair has to do it.</i>	<i>10 points</i>