Scavenger 2025

	Scavenger Challenge	Points	
1	Run up Schitts Creek	Run incorporating as many poo bins as possible.	1 point per bin
		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.	
2	Rainbow Run	Run wearing all the 7 colours of the rainbow.	2 points
		Definition: ROYGBIV acronym (no other variations that you lot come up with!)	
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

4-	The Dieses	Co for a must in the control of the	E matinta
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	4 points
		trails in January	1 points
		,	
		**these runs can also count individually	
		for other challenges**	
14	Pass the Test	Complete a run along the test way	2 points
		(distance of at least 1 mile)	
15	(Don't) Point Fingers	Complete a run incorporating as many	1 point per finger post
		finger posts as you like.	
		Definition: A fingerpost is a type of post	
		with one of more arms, pointing in the	
16	Trigger Henry	direction of travel	1 naint nar trig naints
16	Trigger Happy	Complete a run incorporating as many trig points as you like.	1 point per trig points
		ting politics 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.	
17	The Rest Day	Go for at least a 30-minute walk (no	3 points
		running at all that day)	
18	Gone with the wind	Go for a run incorporating Toothill	4 points
19	The Volunteer/Supporter	Volunteer at a local parkrun, junior	5 points
		parkrun or another race event	
20	The treasure hunt	A number of pictures will be released	4 points
		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.	
21	The puddle runner	Go for a run in the rain. Bonus point for	2 points
	e padate ruillei	a picture in a puddle.	- 50
22	The Gymnast	Complete a run of at least 5k with	3 points
-	,	negative splits (where the second half is	'
		faster than the first half).	
1		Definition: A negative split is	
		a racing strategy that involves	
1		completing the second half of a race	
<u> </u>		faster than the first half.	
23	Two for joy	Run until you find see 2 magpies	3 points
		Definition 😊: Newcastle fans	
		(in full kit) will also be accepted!	
24	The Sunriser	The sun rises at 8.07am on Jan 1st and	4 points
		7.41am on Jan 31st. Go for a run and	

		1	1
		capture a sunrise picture on any day in	
		January.	
25	The Improver	Pick a route of at least 5k. Can you	5 points
		improve your time on this route over	
		the course of January? No pausing of	
		watches!	
26	The Codfather	Go for a run that ends at a fish and chip	2 points, 5 bonus
		shop.	points if you scoff some
			chips - picture needed!
		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	
27	New Years Resolution	Set yourself a target for January and	5 points
		achieve it. I will trust you to set it and	
		not change it. But ideally you will out it	
		in the group.	
28	What's in a name 2025 (is	Go for a run incorporating as many road	1 point per road name
-	back)	names with names of people as	I point per rodd name
	backy	possible.	
		possible.	
		Definition: Only has to be a first name	
		incorporated in the name (unlike last	
		year, doesn't have to be named after a	
		1 * *	
29	Over the boardwalk	specific person)	2 noints
29	Over the boardwalk	Go for a run incorporating a boardwalk	2 points
	The Strava Tax	Co for a run finishing with 00 /any	2 mainte
30	The Strava Tax	Go for a run finishing with .99 (any	2 points
		length) but proof needed. In KM or	
\vdash		Miles	
31	The 31 days of January	Don't worry RED January is not back	3 points
		BUT go for a run of 31minutes on the	
		31 st of January (I would also accept	
		other iteration of 31 – so 31miles, 31km	
		 •)	
	Bonus: The Streaker	Go for a run on 7 consecutive days.	10 points
		Only one of the pair has to do it.	