## THE 34<sup>TH</sup> 1000 KM / 5 KM CHALLENGE

Irene Homes – Enabling people with intellectual disabilities - 2025 / 2026 SEASON



Club Date DD MM		Te		Temporary number		Permane nt number	
		· yy		Age Category	Race kms	Walker Total kms	Runner Race time
			Race name	Race Town			

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Name Club				Temporary number Age Category	nt numb	number	er
						Walker	
DD	Date MM	уу	Race name yy	Race Town	Race kms	Total kms	Race time

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Name				Temporary number		Permanent number Walker Total kms	Runner Race time
Clu	Club		Race name yy	Age Category			
Date DD MM		уу		Race Town	Race kms		

- · We prefer that you send us your mileage on an Excel spreadsheet or similar form. If you can save it in the excel template format on website it will be best!
- · Otherwise please record your name and challenge temporary number on each page submitted.
- ·Make a copy for future use and PLEASE write clearly.
- ·Record results in date sequence, using race names.
- ·Fill in the total km's column to check your progress.
- ·Record your finishing time. Please put time in HH:MM:SS
- •Please do not send copies of official results, except when requested.
- ·FINAL COPY TO BE E-MAILED ON OR after Comrades 2026
- ·NB. PLEASE TOTAL YOUR MILEAGE. GOOD LUCK IN ACHIEVING YOUR GOAL

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