



30 x 30 Challenge

30 x 30 is a year long challenge open to all Flyers as part of our 30th Anniversary Celebration
Starting January 2018

30 Races of 30 Different Distances in the Year!

The aim is to have 30 Flyers to compete in the race distance/type below. Each distance/type can be run at any time of the year at any venue. Every completed race will count towards the total for that distance. Flyers can enter as many distances as they wish.

Awards for

- Juniors who complete 10 or More - 30x30 Certificate
- Seniors who complete 20 or More - 30x30 Certificate
- Seniors who complete ALL 30 - Framed 30x30 Certificate and Medal

Remember to email your 30x30 results to the following email address within 10 days.

thirtybythirty@affrunningclub.org.uk

Please Note: Results should also be emailed to rusults@affrunningclub.org.uk as usual.

The 30 Event List

100 metres
200 metres
400 metres
800 metres
1500 metres
Mile
Beer Mile
3000 meters
3 K Road
5000 meters
5 K Road
5 Mile trail
5 Mile Road
6 Mile
10 K trail
10 K Road
12 K
15 K
10 mile
Half Marathon Road
Half Marathon Trail
20 mile
Marathon
1 hour race
Ekiden (Relay NON Track)
Ultra (Any distance over 26.2m)
Cross country
Orienteering
Endurance Relay
Novelty Race

See the **30x30 Race Suggestions** Spreadsheet for list a races for the above events.

Also keep an eye out for updates on the Flyers Facebook page.