

12ks of Christmas Challenge - Information

A huge thanks to each and every one of you for entering our 12ks of Christmas Challenge event. Your entry fees and any fundraising efforts will go directly into supporting more people to get moving.

Safety Information

We want to ensure you all stay safe while participating in this virtual event. This is an event which takes place in deep, dark December; the weather could be terrible and you might be out there doing your kilometers in darkness and/or solo. You are responsible for your own safety, so please read and abide by the following safety guidelines:

1. For each outing, tell someone where you're going and when you expect to be back.
2. Dress for the weather to stay dry and warm as much as possible.
3. The ground may be wet, muddy, icy and slippery, so choose your routes carefully to avoid slips, trips and falls.
4. If going out when dark we would like to see you lit up like a Christmas tree! Go hi-vis and wear all the lights you can so you can be seen whilst you're out in the dark hours.
5. As well as being bright and visible, we recommend choosing routes which are well lit, or using a head torch/torch so you can see where you're going.
6. Carry ICE (in case of emergency) information with your name, address, medical information and emergency contact details and if possible carry a fully charged mobile phone.

We would love to see photos and selfies of your progress!

Tag us in on social media using @move.mates.uk and @move.map and use the hashtag #MTM12ks or you can email us your pics at hello@movethemasses.org.uk

Please note that by emailing us photographs, you are giving us your full consent to use these without limit on our social media platforms. We will ask for your consent to use any photographs you share for our printed media.

For Option 1 (12k distance challenge):

You can choose any routes you like and you can participate solo or get together with others and go out as a team. You can have breaks between km or even days. How you complete the challenge is up to you.

For Option 2 (The original 12ks of Christmas Challenge):

At 13:00 you'll do 1km, and at 14:00 you'll do 2km, then you'll keep starting on the hour every hour until you don't want to or can't do any more! The table below summarizes the times and distances as well as the cumulative distance for the challenge.

Time	Distance	Total Distance	Challenge
13:00	1 km	1 km	
14:00	2 km	3 km	
15:00	3 km	6 km	
16:00	4 km	10 km	10 kilometers!
17:00	5 km	15 km	
18:00	6 km	21 km	Half marathon!
19:00	7 km	28 km	
20:00	8 km	36 km	
21:00	9 km	45km	Marathon! (and a bit)
22:00	10 km	55 km	
23:00	11 km	66 km	
Midnight	12 km	78 km	Very hardcore!

After the Event

Celebrate, chill out, go to sleep, eat some food and rehydrate. We'll be keeping updates going on social media so we can cheer on those still completing their challenge.

After the challenges are complete we'll email all participants to let you know how much we raised, and to share the best stories and pictures.