

Run to Rio! Record Sheet

Thank you for taking part in *Run to Rio!*

Complete your Name, School and Age, then cross off each 100 metres after you have run it. You do not need to fill in the week commencing column but it might help you keep track of what you have achieved each week!

We suggest attempting 3k, 5k or 10k however the sheet goes up to 20k in case you want to keep going!



Name: _____ **School:** _____
Age: _____

Week Commencing						Week Commencing						Total
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	1km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	2km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	3km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	4km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	5km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	6km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	7km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	8km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	9km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	10km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	11km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	12km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	13km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	14km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	15km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	16km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	17km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	18km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	19km
	100m	100m	100m	100m	100m		100m	100m	100m	100m	100m	20km