



Hi all.....

With the news of a second national lockdown, AoC Sport is launching the **Around the World in 30 days challenge** to keep staff and students active and to maintain their mental wellbeing.

<https://www.aocsport.co.uk/news-cs/around-the-world-lockdown-challenge/>

There are 2 elements to the challenge.....

1. AoC Sport want all member colleges to virtually travel across the world using the **free Strava app** and collectively reach 46,975 miles in 30 days by running, walking or cycling.
2. There will also be a National Leaderboard for cycling, running/walking, and a cumulative activity mileage total, so colleges can compete against each other and be in the running for prizes.

All activity contributes to the college and national total, so whether this is a walk around the park, 5k run or 15-mile cycle, everything has a positive contribution to the total, so get out and get moving!

The Challenge will start on Monday 16 November via AoC Sport's Instagram and Twitter. To get involved email [matt.hammett@sandwell.ac.uk](mailto:matt.hammett@sandwell.ac.uk) or simply join the Sandwell College Strava Clubs