

2.6 challenge!

Hi everyone!

As you may be aware, last Sunday 26th April would have been the 40th London marathon. You might remember we spoke about marathons this year and mentioned the first ever women to compete, Kathrine Switzer and record breakers such as Brigid Kosgei and Eliud Kipchoge.

Here is the presentation again in case you'd like to take another look...

[PowerPoint](#)

[PDF](#)

Due to COVID-19, this years London marathon has been postponed. However, there is a 2.6 challenge for everyone to take part in if they wish to take it on.

All you need to do is think of an activity based around the numbers 2.6 or 26 that suits your skills and complete it.

This could be something as simple as running or cycling 2.6 miles as your daily exercise, holding the plank for 2.6 minutes, to gardening for 26 minutes. There are no rules – apart from the Government guidelines on how to exercise safely during this time.

You can see more information about this on the link below. It will also show you celebrities taking on these challenges and there are so many different ideas to help you out!

<https://www.twopointsixchallenge.co.uk/>

The 2.6 challenge welcomes you to raise money for charities in the UK. We're not asking you to do this for charity, you can do this just for fun. However, if you would like to raise money for a local charity close to your heart then please do.

Ms McNally and I completed a 2.6mile run on Sunday 26th April.

We look forward to seeing what ideas you come up with. Don't forget to send us your pictures and videos!

Stay safe!

Ms Grech and Ms McNally