












































# MY TIKI CHALLENGE










Name	Location	Challenge	Complete
Claire	Addis	North Yorkshire Get back to jogging 10km along Leeds Liverpool Canal by end of November after recovering from a hip injury	
Anna	Akehurst	East Sussex Complete London virtual race and beachy head marathon so I can get me some bling	
Moirra	Anderson	Aberdeenshire Run virtual london marathon on Sunday, 4th October 2020 with my friend socially distanced.	
Michelle	Barclay	Fife My challenge is to either walk or go to the gym more often than I am. I aim to do it at least 5x a week	
Tammy	Bell	Cambridgeshire Injured at the moment so can't run but will walk 5km.	
Areika	Bickerton	West Midlands I am going to challenge myself to do a 10K cycle challenge.	
Caroline	Booth	Lancashire My challenge is to complete at 10K race by the end of September 2020	

<b>Rachel</b>	<b>Boyce</b>	Norwich	To fully run 10k in one under 1 hour 10 minutes	
<b>Carla</b>	<b>Brockis</b>	Essex	My friend and I am going to do a 20k ride on an exercise bike at the gym in one sitting	
<b>Kirsty</b>	<b>Broughton</b>	South Yorkshire	"Running, aerial arts, yoga and weights. A combination of all "	
<b>Hannah</b>	<b>Browning</b>	Essex	I want to climb my first mountain! I live in the flattest county in the UK so it'll definitely be out of my comfort zone. I'm planning on climbing Snowdon with a mental health group I'm a part of.	
<b>Maria</b>	<b>Burt</b>	Hants	I would like to do a 10KM Run for my challenge	
<b>Heather</b>	<b>Campbell</b>	Greater Manchester	Walk &/or Run 50km in October plus 3 x strong / 1x fit a week!	
<b>Gail</b>	<b>Cary</b>	Devon	To run at least 200 Km in the month of October	
<b>Jemma</b>	<b>Coates</b>	Wiltshire	5k a day during October either walking, Running or Cycling	
<b>Andrea</b>	<b>Coffin</b>	South Gloucestershire	I would like to keep up my running as I have so far during lockdown	










<b>Lisa</b>	<b>Cole</b>	Nottinghamshire	"I plan to run a half marathon one day in October to earn my medal. This year I've challenged myself more than ever and completed most of my runs solo during lockdown. Doing this during October will bring my number of half marathons runs to 7. All powers by tikiboo's "	
<b>Mhairi</b>	<b>Coles</b>	Surrey	walking from Cranleigh to Shoreham as my virtual London marathon	
<b>Louise</b>	<b>Collins</b>	Co Durham	To climb 1000 ft of elevation in one single run! Bring on the hills!	
<b>Claire</b>	<b>Connelly</b>	Kent	10k run around Leybourne Lakes wearing my Mr Men Tikiboo	
<b>Kirstie</b>	<b>Cooper</b>	Northumberland	100 squats a day for 14 days can be normal, goblet, jump etc	
<b>Heather</b>	<b>Cooper</b>	Wiltshire	Run 3 miles or cycle 30 mins every day for the month	
<b>Fiona</b>	<b>Cortese</b>	Staffordshire	To attend the gym at least 4 times a week over 30 days = 16 times.	
<b>Katie</b>	<b>Cox</b>	Kent	I will run 52 miles in October 2020 with my friend Lynzi	
<b>Rosie</b>	<b>Crawford</b>	West Yorkshire	Almost flipping impossible for me - virtual London Marathon in memory of my cousin who died in May this year of a brain tumour	

<b>Cheryl</b>	<b>Currant</b>	Bedfordshire	To increase my yoga time to a minimum of 3 times a week = at least 13 sessions in 30 days	
<b>Sue</b>	<b>Danter</b>	West Midlands	To exercise 5 times a week either at home or at Bannatyne's gym	
<b>Kiley</b>	<b>Dexter</b>	Isle of wight	I would like to do a 10 Mile Run before the end of November	
<b>Rebecca</b>	<b>Donnison</b>	Torfaen	I have been getting myself fit again after spine operation and have been training to run (not very fast yet) 5k so my Challenge will be to run my first 5k non stop	
<b>Tina</b>	<b>Dury</b>	Avon	To swim twice a week for 4 weeks and to try and do 50m front crawl without stopping	
<b>Em</b>	<b>Endean</b>	Essex	I will do a minimum of 175,000 steps over the course of a week. Monday 28th September to Sunday 4th October	
<b>Leila</b>	<b>Ennis</b>	Nottinghamshire	I am going to complete a squat challenge on an app I downloaded on my phone!	
<b>Helen</b>	<b>Flatt</b>	Somerset	I would like to complete a 10k - 6 miles challenge	
<b>Sarah</b>	<b>Fowler</b>	Kent	I've only ever run 5km. Max of 7km. So my challenge is to do 10km in one day. I'm supporting a friend doing the LVM tomorrow so I'll support her too!	








<b>Penni</b>	<b>Frankling</b>	Isle of Wight	I began running in the lockdown. I have conquered 5k and 6k which is amazing. But i would like to challenge myself to 7k. I struggled to run for a minute this time last year. I am not a natural runner, with lots of achy bits lol	
<b>Claire</b>	<b>Fraser</b>	United Kingdom	To run 3 times a week and do a Body Balance Class online 3 times a week.	
<b>Charlie</b>	<b>Goldsmith</b>	Wiltshire	30 mins HIT boxing, 30 mins Tabata weights, 30 min Turbo Train bike, 30 min run..... In one day.	
<b>Evelyn</b>	<b>Goss</b>	Kent	i will run on a treadmill in a gym when i can in my tikiboo leggs and tops	
<b>Claire</b>	<b>Graham</b>	Kent	Run at least 50k in the next 30 days whilst wearing my finest tikiboos	
<b>Helen</b>	<b>Grahame</b>	Sussex	Total of at least 15k running and at least 3 bootcamp sessions each week.	
<b>Sara</b>	<b>Grattan</b>	Cornwall	To complete a 5k Jeffing Run Walk Run outdoors in hilly Looe!	
<b>Simone</b>	<b>Grigg</b>	Devon	To run 10miles in one week, after being out of running for 3 months with injury	
<b>Sara</b>	<b>Hawthorn</b>	Essex	My challenge is to run 100km during the month of October.	










<b>Paula</b>	<b>Herstritt</b>	Manchester	Complete 15.000 steps a day for a month by walking running Zumba and workouts	
<b>Isabel</b>	<b>Hewitt-Parkings</b>	Norfolk	My Tiki challenge is to get, get dressed and get out there and run a PB 6k. Woooooohoooo	
<b>Michelle</b>	<b>Hines</b>	Greater Manchester	I am going to run 100 miles in total in September	
<b>Stephanie</b>	<b>Hobley-Lloyd</b>	Hampshire	Run a 10k trail run without stopping and in under 1 hr 25 mins	
<b>Chloe</b>	<b>Hollingworth</b>	Netherlands	I want to run 10k in October for my challenge	
<b>Kim</b>	<b>Holloway</b>	Portsmouth	I want to run 10k in October for my challenge	
<b>Rebecca</b>	<b>Hunt</b>	Beds	I'm walking 50 miles in October 2020 (Samaritans fundraising walk)	
<b>Hazel</b>	<b>Hunter</b>	Cambridgeshire	I challenge myself to run 150 miles in October 2020	
<b>Julia</b>	<b>James</b>	Middlesex	I'm going to challenge myself to practice meditation for at least 10 minutes every day. Running every day is easy for me, but this will help me focus on being calm at least once a day	










<b>Barbara</b>	<b>Jones</b>	Gloucestershire	I will be Running a virtual marathon completing 26.2 miles	
<b>Dawn</b>	<b>Jordan</b>	Wiltshire	Walk at least 1 mile a day until elbow improved after op. Then progress to running again.	
<b>Sasha</b>	<b>Kelly</b>	West Midlands	3 runs per week, 3 full body workouts per week - no excuses	
<b>Sarah</b>	<b>Kelly</b>	West Sussex	To run at least 50 miles in the month of October	
<b>Debbie</b>	<b>King</b>	West Lothian	I want to try and run 10K in less than 1 hour	
<b>Barbara</b>	<b>King</b>	Leicestershire	To successfully run 5k non stop whilst in Tikiboo's and not listen to my head to walk	
<b>Heidi</b>	<b>Lawrence</b>	Somerset	I'm going to do a 10k run, in my tiki's of course	
<b>Clare</b>	<b>Lodge</b>	Gloucestershire	My challenge is to do 100 kneeling cable crunches everyday for the next 30 days. So to have completed a total of 3000 KC crunches by midnight on October the 23rd.	
<b>Louise</b>	<b>MacBrayne</b>	Argyll	I started running in lockdown - my challenge is to run 25 km in one week	










<b>Gill</b>	<b>Manton</b>	Berkshire	"Blue Orchid Bakery Challenge (the bakers dozen) 13 days of running in October "	
<b>Rebecca</b>	<b>Marsden</b>	Lancashire	I'm going to really push myself and walk 8 miles per day	
<b>Jayne</b>	<b>Marshall</b>	West Sussex	Will be running a marathon distance within the month of October	
<b>Philippa</b>	<b>Martin</b>	West Yorkshire	To upload at least 20km to Strava during a working week, be that running or walking, starting 28th September to 2nd October	
<b>Sonia</b>	<b>McTavish</b>	Aberdeenshire	Virtual London Marathon, 26.2 miles of running. Two medals are better than one	
<b>Barbara</b>	<b>Mead-Mason</b>	Lancashire	To run 3 times a week road or gym minimum of 25 minutes	
<b>Lynsey</b>	<b>Miles</b>	South Gloucestershire	I'm going to walk the virtual London marathon in tiki's.	
<b>Elizabeth</b>	<b>Moore</b>	Cheshire	Spin three to four times a week and complete 200km	
<b>Julie-Anne</b>	<b>Moors</b>	Hertfordshire	To complete my first ultra running race in 20 years!	

















<b>Shaunna</b>	<b>Mulford</b>	Greater Manchester	To complete over 250,000 steps by the end of October 2020.	
<b>Hannah</b>	<b>Mussett</b>	Essex	I plan to do 100k for the month of October.	
<b>Claire</b>	<b>Mythen</b>	Bedfordshire	I'm going to run a 5K PB beating my current PB	
<b>Eve</b>	<b>Naughton</b>	Norfolk	To complete a running half marathon before christmas - upping my distance weekly in preparation	
<b>Katie</b>	<b>Newe</b>	Denbighshire	I will run at least 50 miles over the next 30 days	
<b>Chloe</b>	<b>Newman</b>	Suffolk	To run a half marathon during the month of October.	
<b>Emily</b>	<b>O'Regan</b>	Hatfield	To run the virtual London marathon solo on Sunday in the rain with no support, no companion no company just me tikiboo and my thoughts	
<b>Hayley</b>	<b>Obee</b>	Hampshire	I will run 100 miles in October wearing Tikiboos obv's!	
<b>Helen</b>	<b>Padget-Smith</b>	East Yorkshire	Run 100k in October come rain or shine in my favourite tikiboo designs.	

<b>Susan</b>	<b>Palmer</b>	Tyne and Wear	Complete 5km a run by end of October as I am currently recovering from injury	
<b>Wendy</b>	<b>Parkinson</b>	Hants	I have been slacking with my running so my challenge is to run at least 3 times a week.	
<b>Chanelle</b>	<b>Perry</b>	Essex	A 20k bike ride in one go. I hate doing the bikes, I'm more of a runner so challenging myself to do 20k	
<b>Sam</b>	<b>Phillips</b>	Orkney Islands	30 days - 50 squats and 50 heel touches each day	
<b>Sarah</b>	<b>Philpot</b>	Hants	I'm going to attempt to run my first half marathon	
<b>Sian</b>	<b>Powell</b>	Gloucestershire	Trying to walk a marathon in the space of 24 hours.	
<b>Mary</b>	<b>Pratt</b>	East Yorkshire	"Tiki's go skating. Complete a minimum of 30 miles in 30 days on skates"	
<b>Jan</b>	<b>Pryor</b>	Devon	To complete half marathon distance in one run/walk my distance running has waned since all events have been cancelled	
<b>Paula</b>	<b>Quinn</b>	Glasgow City	Run at least 50 miles during the month of October	

<b>Fiona</b>	<b>Rae</b>	Cheshire	At least 4 gym sessions (3 x strong and 1 fit) plus 1 mobility session per week for 4 weeks. With 60kg front squats, 16kg snatch/reverse lunge, 10 handle press ups and 65kg snatch grip deadlifts to be achieved	
<b>Angela</b>	<b>Reed</b>	Tyne & Wear	I challenge myself to run a minimum distance of 35km in 30 days	
<b>Judith</b>	<b>Rennison</b>	West Yorkshire	I will be running 6k along the canal - my favourite run	
<b>Beverley</b>	<b>Richards</b>	Pembrokeshire	5k non stop run wearing lots of Tikki's of course!	
<b>Ericka</b>	<b>Roberts</b>	Kent	During the month of October I aim to start running and cover 40K	
<b>Samantha</b>	<b>Rock</b>	West Midlands	I will go the the gym 4 times a week for 30 days	
<b>Kerry</b>	<b>Santucci</b>	Kent	To run 10k a week for the next 4 weeks	
<b>Sally</b>	<b>Sleep</b>	Cornwall	Virtual London Marathon. Running 26.2 miles along the Devon Drakes Trail cycle path.	
<b>Lauren</b>	<b>Smith</b>	Essex	To attend the gym at least 3 days a week for the next 30 days and use the X-trainer at home at least 2 days a week.	

<b>Paulina</b>	<b>Smoreda</b>	Lancashire	As I take part in virtual London Marathon on the 4th October, I would like to try and finish it in under 6 hours. Or get a marathon PB (so anything under 5 hours, 35 minutes and 5 seconds). Triple bling, here i come!	
<b>Heather</b>	<b>Snowball</b>	County Durham	I would like to run a 10K, tried it once but would love to give it another go and perhaps do it faster!	
<b>Adam</b>	<b>Snowball</b>	County Durham	To cycle alongside the Mrs whilst she completes her 10K challenge -whilst wearing her Tikibeas!!!!	
<b>Elly</b>	<b>Stevens</b>	Devon	I would like to complete 10k in October 2020 running	
<b>Therese</b>	<b>Stokke</b>	Nottinghamshire	I spin 3 times in the evening but will add 1 morning spin to that plus 1 air walker on my air walker at home	
<b>Lorraine</b>	<b>Taylor</b>	north Lanarkshire	To run a 10k. Havent been running much since mum diagnosed with cancer i cant face it. Build up slowly but I will run a 10k in October ?	
<b>Shelley</b>	<b>Taylor</b>	shropshire	100 cals a day for 30 days on the assault air bike	
<b>Katie</b>	<b>Theakston</b>	Essex	To complete 70,000 steps in a week whilst wearing tikiboos	
<b>Julie</b>	<b>Thompson</b>	Staffs	To attend gym classes twice a week and complete 10,000 + steps at least 5 times a week	

<b>Vicky</b>	<b>Todd</b>	N yorks	I want to complete at least one 10km in October	
<b>Rachel</b>	<b>Turner</b>	Norfolk	I will run 40k in the next 30 days. Might not be a lot for some, but for me it's a challenge.	
<b>Kizzy</b>	<b>Walkey</b>	West Sussex	run and ride (spin bike) at least 50 miles in total	
<b>Rebecca</b>	<b>Watson</b>	Nottinghamshire	My challenge is to continue my deadlifting and to be able to lift at least 50kg. And if I manage this before it is over then to keep upping either my reps or weight	
<b>Ann Marie</b>	<b>Weir</b>	Scotland	I will run the total of 50 miles during the month of October	
<b>Tracy</b>	<b>West</b>	Hants	To run 10km without walking by end of October. As I'm on 5km currently after finishing couch to 5km	
<b>Louisa</b>	<b>Westlake</b>	Devon	I decided to do an elevation challenge and climb/run Snowdon 3500ft	
<b>Susan</b>	<b>White</b>	Devon	Do a 'double digit' (ie at least 10 miles) run in October	
<b>Rachel</b>	<b>Whiting</b>	Oxfordshire	My tikichallenge is to run a full marathon on my own	

<b>Sandi</b>	<b>Wilkie</b>	City of Edinburgh	After 6 months of not doing much, I want to get my twisted grip handspring back at pole before end Dec.	
<b>Sarah-Jane</b>	<b>Willcox</b>	East Sussex	To complete two runs within a 7 day period to be no less than 5km each	
<b>Beverley</b>	<b>Williams</b>	Kent	I plan to Run 10k which is a big challenge for me	
<b>Donna</b>	<b>Williams</b>	South Gloucestershire	I'm walking the virtual London marathon on 4th Oct with my bestest buddy.	
<b>Liz</b>	<b>Wilson</b>	Northumberland	To just try and keep active during winter and keep as fit as I can whilst working shifts	
<b>Samantha</b>	<b>Wiltshire</b>	Warwickshire	Burn off 6000 calories from exercise in the next 30 days	
<b>Karen</b>	<b>Woodman</b>	Hampshire	Am a recent c25k graduate and I am challenging myself to run 150k in October!	
<b>Angela</b>	<b>Wright</b>	Manchester	My challenge is to run a half marathon	