100 Miles in a month Tour de Merseyside!

my ACTIVE work life
helping you to move more & stress less

MSP
UNLOCKING THE POWER OF SPORT & PHYSICAL ACTIVITY

Your name:

Can you complete the five legs of the Tour de Merseyside challenge over 28 days, averaging 3.6 miles a day to cover the 100 mile distance? You choose what you do and when you do it; chart in your progress as you go. Once you've completed your challenge simply take a photo/scan of this sheet and email it to myactiveworklife@merseysidesport.com and we'll send you a certificate of your achievement! We'd love to see some pictures of you taking part too - email them in or tweet us via @MerseysideSport

1st Leg - Heswall to Eastham (24 miles)

5 West Kirby · 14 New Brighton · 19 Birkenhead · 24 Eastham

2nd Leg - Runcorn to Haydock (20 miles)

28 Old Town · 32 Widnes · 40 St Helens · 44 Haydock

3rd Leg - Haydock to Huyton (19 miles)

49 Windle · 55 Kirkby · 63 Huyton

4th Leg - Huyton to Liverpool (19 miles)

71 Hale · 76 Garston · 79 Sefton Park · 82 Liverpool

5th Leg - Liverpool to Southport (18 miles)

85 Bootle · 88 Crosby · 94 Formby · 100 Southport

No. of days: