

MADNESS ACTIVITIES



Time of Activity	Description of Activity	Duration of Activity	Bonus kms
Throughout the day	<p>Bonus km for fastest time of the day for each loop 1km for fastest 3km loop 1km for fastest 4km loop 1km for fastest 5km loop Updates will be posted on the info/results noticeboard</p>	Whole day	1km for each of the 3 loops
11-12noon	<p>Long lap (5km) is now worth 6kms - an extra km bonus You must finish the lap within the hour from 11am</p>	1 hour	1km bonus on top of normal 5km loop
12-1pm	<p>3 legged lap Double the kms for the red 3km loop if you do it 3 legged. Tie shoelaces together. Marshalls will be on course to ensure you stay connected. No bonus awarded if caught seperated.</p>	1 hour	3km bonus on top of normal 3km loop
1-2pm	<p>Cadbury Land Challenger Get the fastest time through the Cadburylands Challenger to get the maximum bonus of 2km. Each place you are behind the fastest will be 50m deducted off the 2km maximum. Must take shoes off.</p>	1 hour	Maximum 2km then 50m less per placing behind fastest
2-3pm	<p>Number puzzle on 5km loop At the top of the hill on the long loop you will be asked to complete a maths puzzle. Hand in the correct answer to claim the bonus kms</p>	1 hour	2km
3-4pm	<p>Limerick Create a limerick and hand into the information desk for bonus 2km. The best limerick will get an extra 1km on top of this. Hint - the winning limerick will include the theme of the day</p>	1 hour	Best limerick gets 3km and everyone who hands one in gets 2km
4-5pm	<p>Cadbury Land Challenger Get the fastest time through the Cadburylands Challenger to get the maximum bonus of 2km. Each place you are behind the fastest will be 50m deducted off the 2km maximum. Must take shoes off.</p>	1 hour	Max 2km then 50m less per placing behind fastest
5-6pm	<p>Long lap (5km) is now worth 6kms - an extra km bonus You must finish the lap within the hour from 5pm</p>	1 hour	1km on top of normal 5km loop

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