



run31miles

in January

Post your progress on the Facebook group and on your own profile!

YOU DID IT!

31

30

25

26

27

28

29

24

Almost there!

23

22

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20

19

Keep it up!

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13

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17

12

Doing great!

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10

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8

7

Track your progress ✓

6

1

2

3

4

5

for



St John's Hospice

We're here because of you

sjhospice.org.uk