ROGRESS TRACKE



Walk 500 miles starting this May, June or July and we guarantee a summer to remember for all the right reasons! Tailor your duration to suit your situation and ambition and don't forget to order your beautiful 500 mile Completer Medal + certificate from: www.walk1000miles.co.uk/shop

d date//	500 MILES! WHAT ARE YOU UP TO?
	500 MY 500 MILE REWARD
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