Name	Run With bubble-mate	How did you include them?	Two-minute press-ups		Hill climb	Which hills?	Hill climb link	Body part	Which body part?	Body part strava link	Bonus points	Total points
	Did you manage to include isolation-mates	and job mondo mont	Did you do a 2		Did you run a			Did you draw a			,	Jonas
our name	in your exercise?	How did you include your bubble-mate?	minutes of press-ups	How many press-ups?	hill-climb challenge?	What hills did you run?	Hill climb strava activity(les)	body part with your route?	What body part did you draw?	Body part activity on strava	Bonus points	s
amanda Broughton		Squats with the toddler!	~			Onslow, The pylon track, Wadestown	https://www.strava.com/activities/3305186612, https://www.strava.com/activities/3273718811, https://www.strava.com/activities/3282244536	✓	An Eye	https://www. strava. com/activities/330 5186612	cdddefiik	
on Stevens		Three in our bubble did Mark Anderson's Thurs night core class via	✓			Lots, Orangi Kaupapa Rd, Makara	https://www.strava.com/activities/326454689. https://www.strava.com/activities/3260739154,		Right hand	https://www. strava. com/activities/325 6470651	ddddeiii	
	~	Took him for a walk, he responded to my engaging conversation by falling				·	https://www.strava.com/activities/3252040381 https:	~	•	https://www. strava. com/activities/326		
Valter Somerville	~	asleep 1. Dragged all the flatmates out on a hike along the skyline. 2. We made core circuit Tik toks https://vm.tiktok.com/nTFjJr/	~		~	Mt Vic Onslow road, aro valley, Miramar climb your prison, Mt Victoria,	//www.strava.com/activities/3287232370 https://strava.app.link/ixFzYsiTE5 https://strava. app.link/E7NrypsTE5 https://strava.app. link/IR8QSVuTE5 https://strava.app. link/MSCDVsITE5		Foot/lower leg A penis haha	8537271 https://strava.app. link/GSDUGRoTE 5	cdekppppp	
James Turner	✓	Joint pilates strength class with my wife - and our cat joined in for some of it!	✓	6	·3	Makara Hill and Aro Valley	https://www.strava. com/activities/3300455488/segments/26852651343 45495661		Feet (left and right on separate days!) - link above is to the right foot!	https://www. strava. com/activities/330 0467175	ddeeijm	
Nicolas Vessiot	abla	I did squats with Dan on my shoulders (photo evidence exists) and we went for a bubble core and glutes workout session - we used each other to do wall sits	~	5	.	Mt. Crawford (you have to stay local)	https://www.strava.com/activities/3273967364		A leg. I've also drawn a hand when I did the hill challenge	https://www. strava. com/activities/328 2411913	cdeefk	
Bex Hutchinson	\blacksquare	Competed with them in the press-up challenge and ran up Mt Kaukau together	~	1	6	Mt Vic	https://www.strava.com/activities/3286783686		My isolation buddy - a man	https://www. strava. com/activities/326 5025771	cdeppp	
indsay Young		Bubble buddy Easter egg hunt walk!! Strava: https://strava.app. link/m49DKS8yH5				Aro Valley and Mount Vic	Mount Vic (https://www.strava. com/activities/3282436969) and Aro Valley (https://www.strava.com/activities/3256327833)	~	I did three! And kept it to the most important partsbrain, vagina, penis! Brain link is above and this is the vagina (https://www.strava.com/activities/3265144971) and penis (https://www.strava.com/activities/3277942216)	strava.	cccdei	
Stephen Day	\blacksquare	Ran with Maaike along the beach: https://strava.app.link/CvgAPyadC5 Also several runs with Tammy Greyhound	~			Houghton Valley Road (Also Tip Track)	https://strava.app.link/Voq9NHgdC5		Lungs. But unfortunately not healthy runner's lungs	https://strava.app. link/q67v5VkdC5	cdiem	
Catie Murphy	\checkmark	Squatting Daniel Rakic (no mean feat), also wall sits against Daniel's back, and full bubble work out with Daniel and Nico and Jaime Vessiot	~			Miramar climb to the prison	https://www.strava.com/activities/3278003408		Liver;)	https://www. strava. com/activities/327 8003408	cdefk	
laime Vessiot	\square	Used each other as weights while doing squats. (Drunk, at 4amvery safe)	✓	6	~	Miramar	https://www.strava.com/activities/3273900936		Brain (but also a knob)	https://www. strava. com/activities/327 8076416	ccdef	
Holly Barclay	~	Couple's yoga with the three others here - see my facebook for pics		4	17	Can I count some of the slight inclines of Greytown? No hills in my area lol			Leg	https://strava.app. link/PMJB0fdUE5	cehklo	
Danielle Trewoon	✓	"Ran" with Lucas, "biked" with Lucas. Attempted to do a plank with the cat but he wasn't too keen on the idea			Z	Houghton Valley and Mt Vic	https://www.strava.com/activities/3287369907		Well its a face, but emphasis on the nose :>)	https://www. strava. com/activities/327 8181421	cddei	
Scott Ryland	~	Toddler weighed squat press, toddler Zumba and toddler assisted yoga			9	Makara Hill	https://strava.app.link/tpFLChpDG5	~	3 willies - because I'm super mature	https://strava.app. link/Kb6UBKsDG5	cdgk	
Sierra Ryland	abla	We did family Kids Zumba at least once a week. Toddler and I went out for walks and I walked with her in her stroller for her naps. Toddler and I sometimes did yoga together and she added body weight resistance!	~		✓	Makara	https://www.strava.com/activities/3299489496/		every runners favourite part - a shoe	https://www. strava. com/activities/329 0975020	cdek	
ucy Fauth	~	Went cycling together			2	Houghton Bay, Mt Crawford, Matairangi but the wrong way	https://www.strava.com/activities/3269331267 and https://www.strava.com/activities/3287188819		The whole thing except the arms	https://www. strava. com/activities/330 0428350	cddi	
Matt Brett	✓	Ran with them a few times				Miramar climb, Houghton Valley climb	https://www.strava.com/activities/3261098662 https://www.strava.com/activities/3273999383		A hand	https://www. strava. com/activities/328 6366465	cddei	
lbigail Pitman	~	Took my non-runner husband on some nice easy runs.	~	3	✓	Mirimar climb to prison	https://www.strava.com/activities/3281989302		An eye (you need to look at it sideways)	https://www. strava. com/activities/329 5148157	cde	
ain Shaw	~	Evie's first buggy run!			Z	Korokoro Road	https://strava.app.link/d751z0sZG5	~	Pelvis and ribs (badly!)	https://www.strava		
nna Breen	\checkmark	Mum and I do each of the Les Mils workouts everyday.	$\overline{\mathbf{Z}}$		~	The Canterbury plains 5m of elevation, does that count?	https://strava.app.link/GJCWP5AuH5		A triangle ear? I'm not great at biology□	https://strava.app. link/9zPhKhtuH5	ceo	

Herms Townsley	\checkmark	Boyfriend + flatmate + dog joined for a run!	\checkmark	20	\blacksquare	Brooklyn turbine (and Mt Vic a couple of days late!)	https://www.strava.com/activities/3287343433 https://www.strava.com/activities/3300774972				ddim	7
Daniel Rakic	\checkmark	Nico Vessiot shoulder squats	\checkmark	57	\checkmark	Miramar Climb	https://www.strava.com/activities/3274016524				dkl	6
Al Saunders						Wadestown, Chartwell, and Onslow	https://www.strava.com/activities/3278014673 https://www.strava.com/activities/3265014899				dddii	6
Isabel Ross	Z	my human flatmate and I learnt a tik tok dance, and my feline flatmate encouraged me by rewarding me with cuddles when I would get back in from a run							it's a foot! (look closely)	https://www. strava. com/activities/326 5009053	cem	5
Luke Ferguson	✓	Warm down run around the bock https: //www.strava. com/activities/3291414996 Got the daughter to ride her bike while I went for a recovery run https://www. strava.com/activities/3295792116	✓	54		Wainuiomata	https://www.strava.com/activities/3291393659				d	4
Michelle Knight						Aro Valley	https://www.strava.com/activities/3269666562		A big of dick	https://www. strava. com/activities/325 5971357	cd	4
Emma Sturmfels	\checkmark	They biked along with me for my hill run sessions		36	\checkmark	Not listed - Colonial Knob in Tawa	https://strava.app.link/wExX3QofH5				d	4
karen jenkinson	\checkmark	We went for a bike ride	\checkmark		\checkmark	Mt. Vic but from Hataitai side	https://www.strava.com/activities/3296147501				r	4
Nic Hankinson	\checkmark										ab	3
Marketa Langova			ightharpoons	45	\checkmark	Mt Victoria	https://www.strava.com/activities/3251494110				q	3
Geoff Ferry		Family runs in the loop from home.	lacksquare			Korokoro and Wainui	https://www.strava.com/activities/331323994 https://www.strava.com/activities/32814927195		I tried for foot but it looks more like a fist.	https://www. strava. com/activities/326 8143063	cddeis	10
Hayden Smith					\checkmark	Hawker St - Mt Vic Peak	https://www.strava.com/activities/3269327479				ds	3
Karl Jackson		Weighted squats and lunges with toddler on my shoulders. Weighted press ups with her on my back		52		Houghton valley	Https://strava.app.link/iXpPCdYiM5		A hand	https://strava.app. link/VTO52l0iM5	deks	8
		-										
Bonus point reasons	а		First to upload									
	b		Other clubs joining	in								
	С		Body part not in a p									
	d		Hill climb PB (or clo									
	e		Publishable body pa									
	f		Combining challeng									
	g h		Multiple body parts		rom last time							
			Trying to give back a Running an extra hi		ioni iasi iirile							
	- 'i				rava segmen	ts work (don't leave your watch run	ning while lying on the ground after running up a h	ill)				
	k		Lifting bubble-mate	_	00gon	(30.11.10a.10 you. Water run	, and the state of	,				
	- N		Being lifted by bubb									
	m		Mentioning a pet so									
	n		Joining strava, a	fer resisti	ng for so l	ong						
	0		Being locked-down	away from t	he hills of We	ellington						
	р		Multiple hill reps									
	q		Disclaiming bonus	points								
	r		Managing to exercise		e parent							
	S		Submitting very late	•								

