

SUGGESTIONS FOR DORSET RBL 100 CHALLENGE	
	Sport/Let's Get Active Category:
1	Cycle 100 miles/laps of a cycle track (relay or individual effort)
2	Row 100 miles Relay
3	Run 100miles Relay
4	Swim 100 lengths (relay or individual effort)
5	Pairs Rugby/Football – 100 passes
6	18 hole Golf Round under 100 shots
7	100 laps of your garden/sports field (individual or group effort)
	Schools Challenges:
8	3-Legged Race (100ms)
9	Sack Race (100ms)
10	Trampoline – 100 bounces
11	Waste bin basketball – 100 shots
12	Sponsored Silence – 100 minutes
13	Best 100 th Birthday Card
14	Best “RBL 100” Poster
15	Pupils and Teachers Choir – sing for 100 minutes
	Cadets/Scouts/Guides Challenges:
16	Pack Shopping/carry to car for 100 people
17	100 Car Washes
18	Inter-Unit Internet Challenge – build 100 contacts with other units
19	Team total – 100 mile walk
20	Team total – 100 map reading exercises
21	Team Effort – 100 hours of Poppy Selling/Collecting
22	Create a Snake of 100 x 2p pieces
	Branch/Club Event Challenges:
23	100 Question Quiz Night
24	Book Sale – sell 100 books
25	Sell 100 Remembrance Crosses
26	Host a coffee morning(s) for 100 (single or multiple events and hosts)
27	Event Raffle – sell 100 tickets
28	River Duck Race (BYO Plastic Duck!)
29	Barbeque – cook 100 sausages/burgers

