



Your Challenge Tracker

Thank you for joining the Tri for Type 1 challenge 2024! Use the trackers below to mark your progress as you run, cycle and swim towards a world without type 1.

Along the way, you can collect some amazing fundraising rewards!



Raise £25
to receive a set of shoelaces



Raise £50
to get a JDRF challenge medal



Raise £100
for your own JDRF water bottle



Raise £500
to receive an exclusive hoodie

Each km you complete and every £ you raise will help JDRF to continue to fund pioneering research into type 1, as well as support those living with the condition. Thanks to our amazing fundraisers, our research is paving the way for better treatments and will one day lead us to a cure.

We're so grateful for all your incredible support!

Ready, steady, go!

Keep track of your runs throughout the challenge. Tick, count kms or even add a smiley in each box when you have hit that milestone.

Best of luck.
On your marks,
get set, go!



START

2.5km

5km

7.5km

10km

Half way.
Keep going!

12.5km

15km

17.5km

20km

22.5km

25km

You did it!
Congratulations.

FINISH



Thank you and congratulations for reaching 25km!

You have completed the running section of Tri for Type 1 2024.

On your bike!

Keep track of the kms you pedal over the challenge. Each km you complete will help fund vital research, paving the way to a cure for type 1.

**Best of luck.
Get peddling!**



START

7.5km

15km

22.5km

**Half way.
Keep going!**



30km

37.5km

45km

52.5km

FINISH

**You did it!
Congratulations.
You're amazing!**

60km

67.5km

75km

Thank you and congratulations on cycling 75km!

You have completed the cycling section of Tri for Type 1 2024.



Take the plunge!

Keep track of your swims over the challenge. Every splash will take you a little closer to completing the Tri for Type 1 challenge and becoming a JDRF superstar!

Best of luck.
Goggles on, 3, 2, 1, GO!



START		
1km	2km	3km

		Half way. Keep going!		
4km	5km	6km	7km	8km

			FINISH	You did it! Amazing, get dry and have a rest!
9km	10km	11km	12.5km	

Thank you and congratulations for getting to the end!
You have completed the swimming section of Tri for Type 1 2024.

