



COLEG
CAMBRIA


BRIT CHALLENGE



ACTIVE
CAMBRIA

The BRIT challenge will take place between 23rd January 2023 and 23rd March 2023 across colleges and universities throughout Britain.

Scan the QR code for more information.



You can take part with a January individual goal or work with friends, classmates and work colleagues to complete your targeted distance any way you wish.

Such as rowing, cycling, riding a horse, SUP etc. Active Cambria and progress coaches will hold activities and events to support you with your challenge.

The distances you can sign up to complete are 2.23km, 20.23km, 202.3km or 2023km.

Once completed you need to let us know how far you travelled.
Scan the QR code here and upload your miles.



Throughout the challenge we will be raising money for the BRIT Challenge Charity and Papyrus.

Please try and ask for sponsorship for your challenge and then scan the QR code to donate or pay in your donations.

This challenge is to raise awareness of supporting mental health in young people and the benefits physical activity can have on our mental health.

Sign up now
Sign up here as an individual or class



activecambria@cambria.ac.uk



@ActiveCambria



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HEINI
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Bydd Her BRIT yn cael ei chynnal rhwng 23 Ionawr a 23 Mawrth ar draws colegau a phrifysgolion ledled Prydain.

Sganiwch y cod QR i gael rhagor o wybodaeth.



Gallwch chi gymryd rhan mewn her unigolyn ym mis Ionawr neu weithio gyda ffrindiau, eich dosbarth a chydweithwyr i gwblhau'r pellter rydych chi'n anelu i'w gyflawni.

Fel rhwyfo, beicio, marchogaeth, padl fyrddio ac ati. Bydd Cambria Heini ac Anogwyr Cynnydd yn cynnal gweithgareddau i'ch cynorthwyo chi gyda'ch her.



Gallwch chi gofrestru ar gyfer y pellteroedd canlynol: 2.23km, 20.23km, 202.3km a 2023km.

Ar ôl i chi ei gwblhau mae angen i chi roi gwybod i ni pa mor bell rydych chi wedi teithio. Sganiwch y cod QR yma ac uwchlwythwch eich milltiroedd.



Yn ystod yr her byddwn yn codi arian ar gyfer elusen her BRIT a Papyrus.

Ceisiwch ofyn am nawdd ar gyfer eich her ac yna rhowch eich rhoddion yma neu talwch nhw i mewn yma.

Nod yr her hon yw codi ymwybyddiaeth o gefnogi iechyd meddwl pobl ifanc a buddion gweithgareddau corfforol o ran eich iechyd meddwl.

Cofrestrwch rŵan
Cofrestrwch yma fel unigolyn neu ddsbarth



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