

## Virtual club championship

Jan 1<sup>st</sup> to April 30<sup>th</sup> 2021

Many events remain the same, but there will be a different emphasis this time. You may wish to COMPETE or COMPLETE, or probably a mixture of both. It can be fun to try to improve your times and compete against other people, but it is more important to have fun, keep fit and not be a slave to Strava!

### New events and changes marked in red

Decathlon challenge	
Complete any 10 events by the end of April.	

Age-graded championship	
Results will be published for each event as before, but final rankings will be based on the average of a runner's four best events.	
Age-graded mile	These should <b>not</b> be on routes with considerably more downhill than flat or uphill. It must be fair and the age grading must be meaningful. An out and back course works well for this.  All timed events must use <b>elapsed time</b> , not moving time.
Age-graded 5K	
Age-graded 10K	
Age-graded 10 miles	
Age-graded half marathon	
Age-graded 20 miles	
Age-graded marathon	

Complete not compete	
Run 5K	Any route you like – hills and mud are fine! You don't need to submit a time. Going over-distance is fine too.
Run 10K	
Run 10 miles	
Run a half marathon	
Run 20 miles	
Run a marathon	

Up and down, forwards and backwards!	
Fastest downhill mile - male	
Fastest downhill mile - female	
Most ascent in 30 minutes - male	
Most ascent in 30 minutes - female	
Fastest 800 metres backwards - male	
Fastest 800 metres backwards - female	

Endurance	
Most distance covered in 24 hours (male or female)	
Most ascent in one week (male or female)	
Big mountain challenge	Choose your mountain and achieve that elevation over the 4 months from January to April: Matterhorn 14,692 ft Kilimanjaro 19,341 ft Everest 29,032 ft

### With two-legged and four-legged family members

You can invite them to any events! Simply add + dog or + name of child when you submit information. Based simply on the number of events entered, NOT the speed, we can find out who is top dog and which children have done the most.

### From the coaches

5 Lombards challenge (Jess)	5 times round the Lombards loop. Start at the bottom of Lombards and run up it on your first lap. Alternate direction each lap until lap five when you can choose which direction to go in.
'Runners touch' challenge (Simon) <a href="https://www.youtube.com/watch?v=5-SoCqdR1x8">https://www.youtube.com/watch?v=5-SoCqdR1x8</a>	Complete 10 runners touch on each leg without losing balance or making contact with the ground with any other part of your body.

### A bit of everything (not timed – complete not compete)

10K with 10K	Run 10K or more, carrying a pack weighing 10 kilos or more (inspired by Zoe Mason's epic challenge for 2021)
Plogging	Jogging + litter picking

### Personal challenges (complete not compete)

This can be whatever you want it to be!	You may submit as many personal challenges as you like, to encourage yourself and others to get out there and run, but this will count as one event for the decathlon.
---	--

### Photos

Share any running photos, recent or from the past. At the end we will invite nominations for the best, before putting it to the vote.

### Monthly specials

#### January

Alphabet run (complete not compete)	Run past one thing for each letter of the alphabet. You can do this challenge in whatever way is the most satisfying for you. Here are some suggestions: <ul style="list-style-type: none"><li>• Spot all 26 in a single run.</li><li>• Spot them over several runs in one week, or in the whole month</li><li>• Spot a maximum of 3 per run, in alphabetical order!</li></ul> Photos would be nice, but don't feel you have to spend longer processing the evidence than you did on your run!
-------------------------------------	--