

Autumn / winter virtual club championship 2020

All entries, including photos, must come from the period between October 1st and December 15th 2020.

Prizes will be awarded via raffle tickets. Anyone who enters 3 or more events wins one ticket. The top 3 in any category win a ticket. Prizes will be drawn shortly after December 15th (TBC).

All timed events must use **elapsed time**, not moving time.

Event	Notes
Age-graded events	
Age-graded mile	These should not 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.
Age-graded 5K	
Age-graded 10K	
Age-graded 10 miles	
Age-graded half marathon	
Age-graded marathon	
Up and down + endurance	
Fastest downhill mile - male	
Fastest downhill mile - female	
Most ascent in 30 minutes - male	
Most ascent in 30 minutes - female	
Most distance covered in 24 hours (male or female)	
With two-legged and four-legged family members	
Couple: fastest 10K	You must run together. Only one Strava record needed.
Family, including at least one under 18: fastest 5K	
Family, including at least one of primary school age: fastest 3K	
Canicross: most distance covered in 30 minutes with a dog under 10 years old on lead	As with all runs, it must be elapsed time.
Senior canicross: most distance covered in 30 minutes with a dog aged 10 years or over on lead	
Open canicross: most distance covered in one hour. Any dog, on or off lead.	
Artistic	
Best photo showing what running means to you	
Photo of the yuckiest runner's foot	Mud, missing toenails, blisters – bring it on!
Best Strava art	