



(NOT) THE KENDAL WINTER LEAGUE

Each week from now until the end of March(ish!) we plan to hold a different club challenge...it's what you've been waiting for it's...

(NOT) THE KENDAL WINTER LEAGUE

Exciting!

Your mission, should you choose to accept it, is to take part and give it your all! Winter base training has never been so fun!

This is an individual AND team event. It's open to everyone in the club but the challenges will suit seniors and older junior's best. Points will be awarded for the winning team each week and also the team with the maximum number of runners...so you will be earning valuable points even on crutches (not a challenge)!!

The FOUR TEAMS are based on your birth month and are (drum roll):

Jan-Mar WENT OFF TOO FAST

Apr-Jun SHOULD HAVE RECCIED IT

Jul-Sep GOT THE TROTS

Oct-Dec TOO RUNNABLE

A new club challenge will be issued on the website and Facebook page each week for the following week. You will have 7 days to complete it and send your result along with your birth month/team to virtualracing@helmhill.co.uk by 6 PM each SUNDAY.

Good luck and do your best!

STARTS MONDAY 1 FEBRUARY

FIRST EVENT TO BE ANNOUNCED
THIS WEDNESDAY NIGHT!!



HOW THE RESULTS WILL WORK

INDIVIDUALS - To keep it simple - each week we will just list the results i.e. times/height climbed/fastest pace etc so you can compare how you did.

TEAMS - points awarded as follows in two categories

- Fastest average time/distance/winner (exact target will change each week depending on the challenge set)
- Most competitors

First place in each category gets 12 points, second place 9 pts, third place 6 pts and last place gets 3 pts. Fastest + Most competitors = Weekly Total (up to 24pts)

Weekly winning team gets...respect!

Overall league table will also be kept...which team will claim the ultimate accolade of (NOT) THE KENDAL WINTER LEAGUE CHAMPIONS 2021??

EXAMPLE WEEKLY RESULTS

TEAM	FASTEST	MOST RUNNERS	WEEKLY TOTAL
GOT THE TROTS	12	9	21
SHOULD HAVE RECCIED IT	3	12	15
TOO RUNNABLE	6	6	12
WENT OFF TOO FAST	9	3	12

EXAMPLE OVERALL RESULTS

TEAM	WEEK 1	WEEK 2	WEEK 3	TOTAL
GOT THE TROTS	21	12	15	48
SHOULD HAVE RECCIED IT	15	18	15	48
TOO RUNNABLE	12	etc	Etc	
WENT OFF TOO FAST	12			