



# Captains Challenge

## Round 1 – the speed test

How fast can you run 1500m?

#TEAMSHARON

VS

#TEAMMICHAEL



### Who's team am I on?

- Born on an **even numbered day.....#TEAMSHARON**
- Born on an **odd numbered day.....#TEAMMICHAEL**

### Any rules?

1. **Erm....run 1500m as fast as you can!**
2. **Out and back only** – run 750 m from anywhere, turn round (without stopping!!) and run back!
3. Race anytime Monday 15 June – Wednesday 17 June
4. Send an email with your name, time and team to [virtualracing@helmhill.co.uk](mailto:virtualracing@helmhill.co.uk) by midnight Wednesday to count!

### Yeah...but who wins and who gets the forfeit?

- Individual times will be posted to the website and/or facebook page
- Individual times will be added together to form a total time for each team and the **fastest average team will win** (mean not median!)
- **The losing Captain will do a forfeit...anyone in their team can choose to join in too!!**