



(NOT) THE KENDAL WINTER LEAGUE WEEK 1

'TONNE UP' – THE 1000' REP SESSION!



SAME START/FINISH

1000'/305 m

ROUTE

- Climb 1000' (305m) up and down a hill as fast as you can
- Start and finish in the same place – you decide where
- 1/2/3/10/100 (!) etc reps of one hill – it's up to you!

RULES

- Race anytime Monday 1 February to Sunday 7 February
- **Send an email to virtualracing@helmhill.co.uk by 6 PM on SUNDAY with your elapsed time (no stopping the watch!!), name and team to count**
- Please stick to Covid travel and social distancing guidance and (ahem) don't cheat!

RESULTS

INDIVIDUALS – Simple – fastest wins!

TEAMS

- Fastest average (mean) time across all runners in that team (12 pts)
- Most competitors (12 pts)

If you don't complete 1000'/305m up and down (drat!) then you can EITHER have another go before the deadline OR submit anyway but you will only count for 'most competitors'

GOOD LUCK AND DO YOUR BEST!