



(NOT) THE KENDAL WINTER LEAGUE WEEK 3: Trigonometry Challenge



NB. Diagram for illustrative purposes only, your home may look different on inspection.

AVERAGE PACE ACROSS THE COURSE WILL BE USED TO CALCULATE RESULTS !

ROUTE

- Visit 2 Ordnance Survey trig points from home, starting and finishing at your own home. Not a cairn, mound or other marker, a Trig point only.

RULES

- Run anytime Monday 15 February to Sunday 21 February
- **Send an email to virtualracing@helmhill.co.uk by 6 PM on SUNDAY with your average pace time (set to 'race' mode on Strava or the equivalent 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 average pace....plan your route carefully !

TEAMS

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

Submit one effort only ! Good luck.

This might be a longer run for some, so go prepared, make sure someone knows your route and that it is within your capabilities and of course... stay local !

GOOD LUCK AND DO YOUR BEST!