



(NOT) THE KENDAL WINTER LEAGUE
WEEK 5
'LOOPY LOOP' !



ROUTE

PART 1

- From your door step, or a prominent point nearby, run a 5K loop clockwise, exactly, or a little over. Anyone running under will get penalties!! 1 second per metre, ouch! Yes, you can have more than one attempt, that's OK, you don't have to thank me ☺
- Record your route, via Strava, Google, or whatever and name it 'Loopy Loop CW' that is clockwise. For the digital age runners look at the arrows above!

PART 2

- Now run, counter clockwise, exactly the same route *WITHOUT looking at your watch/recording device!* Start and stop at the same point as your first run. You can only have one attempt at this!!! You can if you wish, run this on a separate day. Send this second result as 'Loopy Loop CCW' (counter clockwise!).

RULES

- Race anytime Monday 1 March to Sunday 7 March
- Send an email to virtualracing@helmhill.co.uk by 6 PM on SUNDAY 7th March, with your GPS traces and elapsed times, name and team to count
- Please stick to Covid travel and social distancing guidance and (ahem) don't cheat!

RESULTS

INDIVIDUALS

- Fastest first run
- Closest to first run time on second run

TEAMS

- Fastest average (mean) time across all runners in that team for *both* runs combined (12 pts)
- Most competitors (12 pts)

GOOD LUCK AND DO YOUR BEST!
