

Virtual Handicap, Spring/Summer 2020

So long as you and your family are well and symptom-free and you are not in an 'at risk' category then running/cycling/walking, maintaining the advised social distance, is a good way of maintaining both physical and mental well-being.

Mark O'Rourke is running a virtual handicap race, starting in the week beginning March 30th. The rules are very simple;

- You must send Mark an EMAIL with your FASTEST parkrun (or other evidenced 5k) time from the last 12 months with your name to be entered into the event.
- You will be assigned a handicap score (which will NOT be shared with you or anyone!) from which Mark will be able to statistically adjust weekly recorded times.
- You must run 3.11miles (or 5k) each week between 09:00 on Friday and 22:00 on Thursday.
- You must record this run (without interruption) on a GPS device (Strava, Garmin Connect, etc) and send evidence via EMAIL to Mark by Thursday at 22:00.
- Over the weekend Mark will calculate adjusted times and aim to upload a league table of results before the Tuesday.
- There will be a published top 10 of "adjusted" times and also top 10 of "absolute" times.
- All runs must be completed by yourself alone and in line with the government guidance of the necessary time period (i.e. presently not running while showing symptoms and self-isolating). It may be the virtual runs need to be suspended if government guidance dictates.
- No tinkering with times, GPS or stopping watches part way through runs – the organiser reserves the right to adjust runs he feels might involve this!
- Any 3.11mile (or 5k) route can be used so think carefully about elevation, crossing roads, etc.
- The same route does NOT need to be used each week.
- You can only submit ONE time each week.
- All decisions made by the organiser are final – no appeals, no arguing, no moaning (it's only for fun folks!).

Mark has published his email address on our club Facebook site. If you do not have it please email your initial time to aldridgerunningclub@gmail.com and ask them to forward your message.