



(NOT) THE KENDAL WINTER LEAGUE
WEEK 2
'RIVER RUN' – THE MUDDY 2 MILE X-
COUNTRY!



For true winter league replication this week's challenge is a 2 MILE LUNG BUSTING MUD SLOG!

ROUTE

- Run 2 miles on a flat muddy route. It must be at least 75% off road!
- Linear OR out and back – you decide where.
- A Strava segment has been set up especially on this route along the RIVER MINT starting from the bridge near Morrisons (the segment is called HH 2 mile river challenge route) – this segment is 1.97 miles (whoops) but it will count for the challenge. However you can choose to do your route anywhere you choose.



RULES

- Race anytime Monday 8 February to Sunday 14 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)

GOOD LUCK AND DO YOUR BEST!