



(NOT) THE KENDAL WINTER LEAGUE
WEEK 4

PACING CHALLENGE-IT'S ALL ABOUT THE PACE!

 			
	START AND FINISH AT HOME	ONE HOUR.....	START WATCH DON'T LOOK ONLY STOP WHEN HOME.

ROUTE

- Anywhere you like but must be from your front door
- Run fast, slow or just bumble
- Aiming to be out for bang on 1 Hour-Closest time wins!

RULES

- INTEGRITY! For this challenge to work you must not look at or stop your watch once started until you return to your door.
- Race anytime Monday 22 February to Sunday 28 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 – closest to 1 Hour wins!

TEAMS

- Smallest error after all team members over/under times added wins(12 pts)
- Most competitors (12 pts)

GOOD LUCK AND DO YOUR BEST!