VIRTUAL SCOTTISHATHLETICS ROAD CHALLENGE 6
5th to 8th March 2021

Entry Opens: Tuesday 16th February 2021
Entry Closes: Thursday 4th March 2021
Competition Window: 0000 Friday 5th to Monday 8th March 2021
Submission Deadline: 1200hrs Tuesday 9th March 2021

Entry
- Registration is through the **scottish**athletics online club or individual portal
- Entry is **£2** for **scottish**athletics affiliated members.
- Club Entries are £2 per athlete.
- Entry is open to athletes in the U11, U13, U15, U17, U20, Senior and Masters age groups.
- Age groups are based on the current 2020-21 Road/Cross Country competition year.
- Entry is open to members of **scottish**athletics only.

Race Distances
- U11 1.5km   U13 3km   U15 4km   U17 6km   U20 8km   Sen/Mas 10km

Results
- Performances should be submitted online to **scottish**athletics by the athlete taking part and state time elapsed.
- Athletes in the U15 age group and above are expected to provide a Garmin/Strava link to their run as proof of their performance. Athletes in the U11 and U13 age groups do not need to provide this but should complete their runs within an organised club training session under the supervision of a UKA qualified coach.
- Athletes must make their runs **PUBLIC** on their Garmin/Strava profile to allow results scrutiny.
- Performances submitted that do not comply with the rules set out will be marked as non-scoring in the final results and will not be eligible as qualifying performances.
- Athletes in any age category who do not have access to a GPS device may name the supervising coach in place of GPS data.

Result Categories
- Individual by Age Group
- Teams of 3 Any Gender per Age Group

GENERAL RULES
These general rules apply to all **scottish**athletics Virtual Challenge events

Challenge Rules
- Distances must be run between 00:00 on Day 1 and 23:59 on Day 4 of the challenge.
- You may attempt the Challenge more than once, but only your final submitted result will be accepted.
- Results must be submitted by 12:00 on Day 5 of the challenge, using the instructions on the entry page. Runs should be named 'SA Virtual Challenge'
- **Strava or Garmin** are the only apps that can be used: other running apps are not compatible with the scoring system.

Safety
- Athletes MUST avoid popular running/walking routes or busy parks.
- Be considerate to other people by keeping a 2m (minimum) distance at all times when passing in public.
- Do not drive somewhere to run unless absolutely necessary – stay close to home or your usual training venue.
- ALL runs must start and finish at around the same point (max 1km radius from start) – either lapped or out and back.
  - Para Wheelchair or Race Runner athletes may submit Point to Point results. P2P results with a net elevation loss of more than 10m will be subject to a 10sec penalty per 10m of loss.
- Lapped off-track courses must not include laps of less than 1km.
- Runs completed on a certified synthetic running track are admissible with the provision that they are:
  a) supervised by a UKA Licenced Coach
  b) backed up by suitable GPS data showing full completion of the challenge distance as measured on the track (number of completed laps)
- Club group runs organised and supervised by a UKA qualified coach are acceptable for results purposes.

All current government guidelines regarding physical distancing must be strictly adhered to. Any changes to government guidelines will be implemented immediately.