

VIRTUAL SCOTTISHATHLETICS ROAD CHALLENGE 6

26th to 29th March 2021

Entry Opens: Tuesday 9th March 2021

Entry Closes: Thursday 25th March 2021

Competition Window: 0000 Friday 26th to Monday 29th March 2021

Submission Deadline: 1200hrs Tuesday 30th March 2021

Entry

- Registration is through the **scottishathletics** online club or individual portal
- Entry is **£2** for **scottishathletics** 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 **scottishathletics** only.

Race Distances

- U11 1.5km U13 3km U15 4km U17 5km U20 8km OR Half OR Full Marathon
Sen/Mas 10km OR Half OR Marathon

Results

- Performances should be submitted online to **scottishathletics** by the athlete taking part and state time elapsed.
- Athletes 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 **scottishathletics** 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.