SCOTTISHATHLETICS VIRTUAL Hill Running Challenge
19th - 21st June 2020

Entry
- Registration is through the **scottish**athletics online club or individual portal
- Entry is **FREE** to **scottish**athletics affiliated members; alternatively athletes may choose to donate £2 to ongoing admin costs.
- Club Entries are FREE or £2 per athlete to a limit of £15 per Age Group
- Non-member entry is **£5** per athlete or £7 to include a donation
- Entry is open to athletes in the U13, U15, U17, U20, Senior and Masters age groups. Age groups are based on the current 2019-20 road competition year.

The Challenge
Aim of the Virtual hill running challenge is to climb as many vertical metres as possible in 30 minutes (U17 to Masters) and 15 mins (U13 to U15).
Runners use a slope, hill or steps in their local area and record their total vertical ascent and descent. The challenge can be completed like hill reps or as a hilly run, planning the run to have as much vertical ascent as possible in your local area.
Most runners will live in an urban environment. To reflect this, the maximum ascent for one climb should be approximately 100m.
The total ascent and descent should be approx. the same.

Scoring Categories
Total Climb by Individual Age and Gender
This category ranks individual athletes in each age group and gender category running the most metres in 30 minutes (U17 to Masters) and 15 mins (U13 to U15)

Total Climb by 4 Person Mixed Team – 4 x 30 min Runs (U17 to Masters) and 4 x 15 mins (U13 to U15)
This team category ranks teams of 4 athletes (from the same club, same age group; 2 male and 2 female) who covered the most metres for their club in 2 hours.

Total Climb by Age Category
Climbs from all runners in each age group category count towards the club's climb for U13, U15, U17, U20, Senior and Masters.

Total Climb by all Club Members (U17 to Masters)
Every extra metre counts in this total club climb category, which adds up the climbs run by all members of all ages and genders to give one club total.

Total Climb by all Club Members (U13 and U15)
Every extra metre counts in this total club climb category, which adds up the climbs run by all members of all ages and genders to give one club total.

Results
- Performances should be submitted online to **scottish**athletics by the athlete taking part and state the height climbed and descended in metres
- Athletes must make their runs **PUBLIC** on their Garmin/Strava profile to allow results scrutiny.
- For U13 and U15 athletes, due to issues with Strava and Garmin for those under 13, distances submitted by individuals or by clubs in any format will be accepted. Either via Strava/Garmin for U15s; via Strava / Garmin for U13s and U15s when borrowed from an adult household member; or simply distance recorded by another means.
- Club results are calculated using combined valid runs by registered club members within the challenge timeframe.
- In the team categories, the most metres climbed over each 30 min run by athletes from the same club will contribute to the 'A' team. The next best results will make up the club's 'B' team, and so on to include all athletes competing. Clubs can enter as many teams as they wish.

<u>GENERAL RULES</u>

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

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.
- Do not drive somewhere to run.
- ALL runs must start and finish at around the same point – either lapped or out and back.
- Runs MUST be completed solo, other than U13 and U15 athletes who should be accompanied by an adult: under 13 athletes must be supervised by a responsible household member at all times, and under 15 athletes should be accompanied if appropriate.

All current government guidelines regarding Social Distancing must be strictly adhered to. Any changes to these guidelines will be implemented immediately.

Challenge Rules
- Heights must be recorded between 00:00 on Day 1 and 23:59 on Day 3 of the challenge.
- 1 attempt per person
- Results must be submitted by 12:00 on Day 4 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.