



Fairlands Virtual Challenge

This year we have made the decision to hold a virtual event in place of the normal event. Run or walk, but with a few changes. Design your own route, two months over the summer to choose which day to take part, socialise with likeminded people via social media, a treasure hunt element, with the bonus of a medal which will be sent to competitors via post.

1. Enter via Active Training World (<https://www.activetrainingworld.co.uk/events/fairlands-virtual-challenge>). Entries are £12 unaffiliated, £10 affiliated. There is a small charge by ATW for processing.
2. The challenge is open from 4th July to 6th September.
3. We will begin posting out medals mid August.
4. Design your own route
 - a. Route must be at least 25% on trails.
 - b. If you are considering following one of our classic routes, please avoid using them on 19th July 2020. Be aware the school will not be open so consider where you would start and finish and park. We do not want to jeopardise the future running of the event.
 - c. The minimum length of your route should be in one of the 5 categories,
 - i. 5 km (13 years old and over)
 - ii. 10 km (16 years old and over)
 - iii. 13 miles (17 years and over)
 - iv. 26 miles (20 years and over)
 - v. 50 km (20 years and over)
5. On your route you must take 11 selfies, include a different item in the background of each. The initials of each item when put together must spell out the word FVChallenge Either post these in the Facebook Group (www.facebook.com/groups/FVChallenge/), or on Instagram or twitter using @fvchallengemgeWKD, #fvchallenge.
6. Finally - Email FVC@fvspartans.org.uk with a link to your GPS log on Strava, Garmin, Mapmyrun etc
7. Results will be presented in distance/time order longest/quickest routes first and updated as entrants send them in.

Please ensure you:

Follow the countryside code: <https://www.gov.uk/government/publications/the-countryside-code>

Tell someone where you are going and what time you intend to return. Think about how you will get home if you run into difficulties and consider carrying a basic first aid kit.

Consider the weather conditions.

Carry enough water and nutrition.

It's not a race. Take your time, enjoy yourself.

Follow your local COVID-19 guidelines.

Updated 03/07/2020

Tim Robinson