

## Welcome to the LRRL Virtual League Rules – summer 2020

### IMPORTANT - Submitting your time:

Time submission is through the same page as race entry. Our preference is you submit your time by posting it on Strava or Garmin connect and sharing the activity. Full details of how to do this can be found here (note, it's not just copying the URL from the address bar):

[https://docs2.opentrack.run/funstuff/strava\\_garmin\\_upload/#strava](https://docs2.opentrack.run/funstuff/strava_garmin_upload/#strava)

If you don't use Strava or Garmin you can just submit a time using the form on Open Track.

**Please submit your time in the format: hh:mm:ss e.g. 00:30:10 (for 30 mins and 10 seconds)**

Please DON'T write 30.10 (this is 30 seconds and 10 milliseconds!)

You won't be able to submit your time until the weekend of the race. The **deadline for submissions is midnight on the Sunday of the race weekend.**

If you accidentally enter the wrong time you can just submit it again to overwrite the original time.

### Race rules – highlighted = introduced or changed from race 3 onwards

1) Your safety and that of others is paramount. Think carefully about where you will do your run, avoiding busy roads, road crossings, busy times of day and pinch points where social distancing may be difficult. Make sure someone knows where you are and have your ICE details with you. Don't over-reach and risk becoming an unnecessary burden on healthcare and essential services. All participants must follow the latest government guidance in relation to COVID-19.

2) Choose a route that is **not** downhill. A multi-directional course which ideally finishes at or very near to the start, or if not, at about the same level as the start is ideal.

2a) This rule comes in from race 3 onwards – please do not run around an athletics track as the GPS does not record the distance accurately

3) The distance of the run should match the race distance i.e. don't pick the best bit of a longer run.

4) Your race entry must be completed on the weekend of the race i.e. don't enter a PB run you have done in the past!

5) Please do not pause your watch during your attempt.

6) You can make as many attempts at the distance as you like but you can only submit your result once. If you submit on Saturday and happen to run faster on Sunday we can't accept your faster time.

7) If you are shielding and can't safely run outside, you can count treadmill runs as long as you set an incline of 1% to compensate for the lack of wind resistance and the movement of the belt.

8) Minimum ages for races have been set in line with EA guidance. Younger runners may participate at their club's discretion where they meet the minimum age. Adequate supervision must be in place. Clubs are responsible for the safety of younger runners.

9) Anyone can enter the virtual races but only runners from LRRL member clubs will be included in individual league tables. Only LRRL member clubs will be included in the club league tables although there will be a 'team' calculated from the results of unaffiliated runners.

10) If you feel another runner hasn't followed the rules please flag their result on the system so the organisers can review the performance. To do this login to Open Track and click on the competitor's time. Please do not address the problems directly with other runners over social media.

There is no cost to enter and there are no prizes. League tables will be updated after each race and will be available on the LRRL Facebook page and <http://lran.org.uk/>

**Virtual County Standards 2020:**

Races in the LRRL Virtual League will count towards virtual country standards, more details here: <http://lran.org.uk/virtualstandards>