

## ANNOUNCING THE LRRL VIRTUAL RACE SERIES – THE LOCKDOWN LEAGUE!!

With encouragement from runners to fill the racing gap in their lives LRRL is launching a Virtual Race Series. There will be fortnightly races as follows:

- Race 1 - Barrow Honesty 10k - 20/21 June 2020
- Race 2 - Lockdown League 5k - 4/5 July 2020
- Race 3 - Lockdown League 6 mile - 18/19 July 2020
- Race 4 - Lockdown League 1 mile - 1/2 August 2020
- Race 5 - Lockdown League 5 mile - 15/16 August 2020
- Race 6 - Lockdown League 10k - 29/30 August 2020

The varying distances are designed to appeal to as many runners as possible, and following the recent announcement of virtual county standards ( <http://lran.org.uk/virtualstandards> ) to record times for several of the different distances.

Principally it's about introducing a bit of fun to a raceless season, while following the Government guidelines on social interaction. Please respect everyone else by being honest with the routes you choose – minimal descent (we might have to be a bit strict on this for the 1 mile dash!), ideally a loop (but not on a track!) and only pausing if you absolutely have to!

We will publish results, including the usual age groups, but of course there will also be an element of competition. No cups, medals or prizes, just a bit of personal and club team glory.

- For individuals - same scoring mechanism and age categories as the league - best 4 of 6 scores.
- For teams – mixed teams of 12 (6 men, 6 women), scores based on finishing positions in the men's and women's sections of the race. To make it a bit different we are going to split into 4 groups for the first 5 races, with overall position decided by the best 4 of the 5 results, with race 6 being a decider among the top two clubs in each group to be crowned overall lockdown champions. Here are the (geographical-ish) groups:

<u>North</u>	<u>South</u>	<u>West</u>	<u>East</u>
Barrow Runners	Fleckney & Kibworth	Badgers	OWLS
Birstall RC	Harborough	Beaumont RC	Racehub Triathlon Club
Charnwood AC	Huncote Harriers	Desford Striders	Roadhogs
Coalville Triathlon Club	Leicester Coritanian	Hermitage Harriers	Stilton Striders
Poplar RC	Leicester Triathlon Club	Hinckley RC	Wreake & Soar Valley
Shepshed RC	West End Runners	Ivanhoe Runners	Wreake Runners
Team Anstey Amblers & Runners	Wigston Phoenix	South Derbyshire RR	The Unaffiliateds*

\*There will be a "club" for any unaffiliated runners who want to race

Races will be run by individuals over the specified weekend. To take part you will need to enter the race – at Event Entry for the Barrow Honesty 10k, at Open Track for the remaining races, run the distance individually (or of course in a group of up to 6 socially distanced runners!) and submit your time. How you do this for the Honesty 10k will be announced the week before the race and for the other events soon after.

Please do ensure if you race that you do so safely, you choose your route carefully, tell people where you are going, and of course stick on your club vest and take a selfie for your club Facebook page!! (And don't forget to start your watch! 😊)

Full news flow will be via the LRRL website, Leicester Runners Facebook group, and if clubs give us a contact, via posts on individual club social media.

So this is a call to action.....!!!!

- Please get the Lockdown League off to a great start by entering the Honesty 10k at <https://www.evententry.co.uk/barrow-runners-honesty-virtual-10k-race> This race is 20/21 June.
- Forward this announcement to fellow runners please – help us spread the word quickly.
- Encourage your fellow club members to join your team – 6 men, 6 women to count, but don't forget additional runners may indirectly your club help by pushing others further down the finishing list, so the more the merrier.
- If you are the person at your club who posts things on your club website or Facebook group or maybe organises teams for things like the Livingston relays please get in touch so we can feed you information quickly and easily to pass on to your club members.
- Look out for more information on the second race immediately after the Honesty 10k – they are every two weeks!