

## **Interclub Isolation Relays**

Given the current situation and the fact that most people are fighting either a physical or an emotional/mental battle (maybe both) we thought it might be an idea to give our runners something to focus on and feel part of their club and the wider running community.

The theory is based on a virtual team relay, where each Club that wishes to take part has a point of contact/representative and they each organise within their own clubs who wishes to take part and pulls together the teams.

Teams are made up of 4 runners:

- 4 x Men
- 4 x Ladies or
- 4 x Mixed

And each runner in the team must complete a “2 mile leg”

The 2 mile leg shall be logged as the following:

- It must be logged as a 2 mile run, on its own and not “2 miles as part of a 5 mile run” for example.
- It can be logged using any of the usual timing equipment used and evidence of the time for the leg be provided to the respective team representative
- To be completed between Mon 20<sup>th</sup> – Thursday 24<sup>th</sup>
  - These days are flexible to accommodate runners that may be working shifts or have other commitments
  - The day each runner plans to run, must be submitted with the teams on the team submission day (Sunday 19<sup>th</sup> April) – This is to try avoid people making multiple attempts on multiple days and using their best time ☺

## **Team Representatives**

The idea for this has developed purely with the intention to encourage and to give all members a feeling of being part of our wonderful running community.

We ask that the spirit of this is embraced and teams are formed completely at random – the intention of the Virtual Event is not for Clubs to submit their “quickest teams”, it’s more about being inclusive and motivational – it might be that runners could be in “virtual team” with someone they may never have ran with before.

Once you know who you have interested from your Club, please can you form your teams using the “out of hat” type method or any way you can randomly arrange this – we base this on trust within all of the clubs taking part.

Please can you organise your clubs into teams of 4 (if you need someone to run twice to make up a team that’s fine but I would say they MUST run the 2 miles twice and on different days).

Submit teams by Sunday 19<sup>th</sup> April, spreadsheet is provided for your ease.

We will also be encouraging members to run in Club kit, so it feels like an event for them.

There will be a winning team for each category (Mens Team Winner, Ladies Team Winner and Mixed Team Winner) which will be based on total time for the team.

I hope this helps and is useful, please feel free to pass on to other Clubs currently not involved.