Secondary: *Running in Isolation*

You can submit your entries from Monday 18th May through to Friday 29th May 2020.

Important information

1. This is an individual event for Ks3, 4 & 5 – separate events for boys & girls at beginner, intermediate and advanced levels (see below).
2. This a Personal Challenge/Personal Best task for all. However, your result could go towards a Lincolnshire County final. Make sure you keep a copy of your result.
3. If you are under 13 years of age, you will need your parent/guardian to submit your entry for you.
4. Please plan a safe route before you set off. Complete it by doing laps of your garden/street/local park etc.

Equipment needed

1. Running App (Strava is FREE and it's easy to share. Others are available; Google Fit, Garmin, Fitbit etc.)
2. Mobile phone
3. Suitable clothes to run safely in
4. A safe, planned, route

Inclusive! How can you get involved?

Space	Task
Run around your garden, local street paths or grassed area/park	Complete your run. You may enter more than one result. Try to beat your Personal Best

Equipment	People
Mobile phone with downloaded app (Strava etc.)	You may wish to run with other household members including parents!

To submit your run, click on or scan the QR code below

How?

Android

iPhone

Click here to see how to share content via your Android or iPhone device

Keeping young people active

More information on this activity:

1. Download the Strava app onto your mobile phone (it is FREE) or use similar (e.g. Google Fit, Garmin, Fitbit etc.)
2. Complete and record your run on your mobile phone.

The categories are: 1K – Beginner, 3K – Intermediate and 5K - Advanced

3. Press "share" on the activity. Then get the link and paste it into the Entry form. (if you can't share, take a screenshot of your result and share it via google photos / iCloud using the instructions in the green box above.

Have you checked our safeguarding advice?
Click or scan here for more information