

# Northants Virtual 5k

## Road Race League

- \* A series of 4 weekly 5k races incorporating a handicap league (making it possible to be competitive for all ability levels)
- \* Entries Via Eventbrite - handicap based on a recent/ estimated 5k time (please be honest, and include a link to power of 10/ or parkrun profile).
- \* Athletes living outside of Northants are invited to join.
- \* Entries in by 06/05/20 - please enter as soon as possible to make things easier for us.
- \* Races are held in May. Best 3 of 4 races to score.
- \* Race one 8th - 10<sup>th</sup> Race two 15th - 17<sup>th</sup> Race three 22 – 24<sup>th</sup> Race four 29th - 31st
- \* Times along with link to Garmin or Strava to be submitted by the Monday following that race weekend.
- \* Social distancing rules to be observed as instructed
- \* Course - No net downhill greater than 20 feet or point to point. No loops less than 1km. Finish must be within 1km of the start.
- \* Races to be held over 3 days, Friday to Sunday.
- \* Score +/- from your handicap time which will be adjusted after every race. Winner is with the highest points.
- \* Prizes overall 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> – 1st male/female Team. Best 4 men/3 ladies in points tally in form of wine or can be exchanged for beer or Kombucha non-alcohol from Wine Time – SMD Fine Wines [www.smedawines.co.uk](http://www.smedawines.co.uk)
- \* Entries to: <https://www.eventbrite.co.uk/e/northants-virtual-5k-road-running-league-tickets-103554775120> Email: [sarah@races4u.com](mailto:sarah@races4u.com) [petercurrington.pc@gmail.com](mailto:petercurrington.pc@gmail.com)
- \* Finally - Whilst the event is free we encourage donations to Motor Neurone Disease Association (MND) <https://www.justgiving.com/account/your-pages/NorthantsVirtual5kRoadRaceLeague>

