



Ranelagh Harriers Virtual Summer Race Series 2020

	Dates	Distance, Terrain & Elevation	Entry Deadline	Entries
Race 1 - Virtual Flying Five	Friday 5th - Sunday 7th June	5km, any terrain, flat	12pm Sunday 7th June	Open Track
Race 2 - Virtual "Baker Cup" Handicap	Friday 19th - Sunday 21st June	3 miles, road, minimum height gain of 60m	12pm Sunday 14th June	Open Track
Race 3 - Virtual Turbo Ten	Friday 3rd - Sunday 5th July	10km, any terrain, flat	12pm Sunday 5th July	Open Track
Race 4 - Virtual "Coad Cup" Handicap	Friday 17th - Sunday 19th July	4.95 miles, trail, minimum height gain of 75m	12pm Sunday 12th July	Open Track
Race 5 - Virtual Mercurial Mile	Friday 31st July - Sunday 2nd August	1 mile, any terrain, flat	12pm Sunday 2nd August	Open Track

How to Enter:

- All entries are via Open Track (see links above).
- Runners need to enter each race individually.
- Handicap races (Baker Cup and Coad Cup) **need to be entered a week in advance**, all other races can be entered by 12pm on the Sunday of the race weekend.

Rules:

- Run your chosen route at any time during the race window (Friday to Sunday).
- Please adhere to the elevation and terrain guidance detailed on Open Track wherever possible. If you can't find a course with the required elevation, contact Suzy / James (on ranelagh.strava@gmail.com) who may apply a suitable time penalty for your chosen course.
- Use a GPS device to record your run time and elevation, and submit evidence with your result submission (via Strava or Garmin). Contact Suzy / James if you are not physically able to do this.
- Please follow government guidelines and avoid busy times / areas. You are responsible for your own safety and the safety of others around you. This is more important than racing and you are representing the club, so please be sensible.

Scoring:

- For each race there will be podiums for males and females (and the handicap where applicable). No official prizes, just the satisfaction of winning and the bragging rights.
- All races will also count towards the Virtual Summer Series Leaderboard:
 - All 5 races count.
 - Points are based on actual time, not handicap time.
 - There are six categories - Open Men, Men 40+, Men 50+, Open Women, Women 40+, and Women 50+.
 - In the Open category the first Ranelagh finisher scores 12 points, the second 11 points and so on down to 3 points for 10th place. All other finishers score 2 points.
 - In the Veteran categories the first Ranelagh finisher scores 6 points, the second 5 points and so on down to 2 points for 5th place. All other finishers score 1 point.

We love to see you all enjoying the races, so please take photographs and share them on Strava, Facebook, Instagram etc. (#ranelaghVR) or send them to us at ranelagh.strava@gmail.com.

Good luck and happy running!