

# Inspired Inter-School Virtual 3km Running Championship 2021



**Do you want to see how your 3km time matches up against other schools from around the world?**

**You can compete against students from schools all over the world in a virtual 3km race! There will be certificates for each year group and an overall school winner!**

## **Categories are:**

- Year 7 Male and Female (separate)**
- Year 8 Male and Female (separate)**
- Year 9 Male and Female (separate)**
- Year 10 Male and Female (separate)**
- Senior (11-13) Male and Female (separate)**
- Parents and Staff Male and Female (separate)**

## **How to Enter**

**You can submit a screenshot from apps such as strava, garmin connect, nike running, runkeeper**

**Once you have recorded your time, you can enter your result and upload you file here:**

## **ENTRY FORM**

**There is a live leaderboard here so you can see how you are doing:**

## **LIVE LEADERBOARD**



# Inspired Inter-School Virtual 3km Running Championship 2021

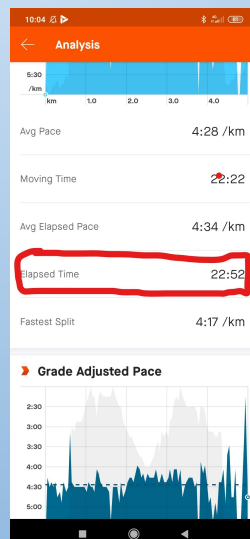
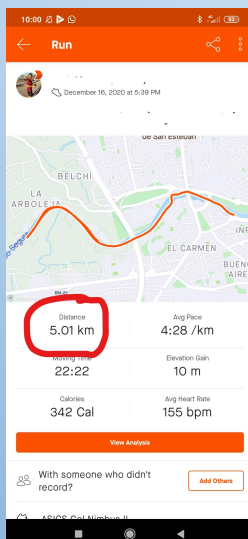


## Rules:

1. The competition runs from Wednesday 20th January to Friday 29th January. Winners announced 1st February
2. You can submit as many times as you want during this period.
3. Times recorded before or after the dates will not be accepted.
4. You must run a distance of 3km using a gps watch or app on your phone.
5. To submit your time, complete the form and send a screenshot of your distance and elapsed time (see below)
6. Suggested apps are: Strava, Garmin Connect, Nike Run club, Runkeeper (other apps will be accepted)

## ENTRY FORM

### EXAMPLE SCREENSHOTS:



# Inspired Inter-School Virtual 3km Running Championship 2021



## Additional Information

1. Each country and region has specific guidelines with regards to COVID-19. Ensure you follow the ones that apply to you carefully
2. Where possible, avoid running:
  - a. Alone
  - b. In the dark
  - c. On busy roads
  - d. In crowded areas
3. Always inform someone of your intended route before you leave
4. When submitting a time, **FULL NAME IS NOT REQUIRED.** Your first name and initial is sufficient

If you wish for your school to take part in this event, please can a teacher send an email to:

**[lewis.ryland@kings.education](mailto:lewis.ryland@kings.education)**

Confirm your school name, and a teacher point of contact.

**GOOD LUCK!**

