



The Running Somewhere Else Runathon 2017

What is the Runathon? Well to celebrate our tenth anniversary we have decided to set you a number of running challenges in addition to the traditional Club Championship. The Runathon does not purely rely upon a runner being the fastest runner in the club, but is intended to reward consistency, determination and just getting out there and running.

As runners, most of us now have devices like a watch or phone that allow us to track our runs, the majority of which allow the data to be uploaded onto Strava. Therefore, the Runathon is a challenge that will track a runners progress using data uploaded onto Strava and will monitor the following aspects:

- The total distance run
- The total height gained

The Rules are as follows:

1. The challenge will run each month for 10 months (one month for each year the club has been going), from 1st February to 30th November 2017 inclusive.
2. For each of the ten months there will be a “runner of the month” for the total distance and a “runner of the month” for the height gained.
3. At the end of the 10 months overall winners will be selected based upon the best performance in total distance and total height gained over the whole 10 month period.
4. The challenge will be based solely on data logged that is uploaded to Strava (so you will need to have a Strava account and wear your data collecting device for each run).
5. The challenge will only be valid for data relating to running only. Any data relating to cycling or any other non-running activity will not count.
6. A runner will need to declare that they wish to participate in the Runathon.
7. A runner can join the Runathon challenge at any point, but only data from the point of declaration onwards will count.