

Straight Outta Boscombe / EA Weekly 30 Challenge

What is the challenge all about?

The latest lockdown challenge is to run as far as you can in 30 minutes. England Athletics are holding an official challenge called 'Weekly 30' for all running clubs to take part in.

Each weekend, runners will run for 30 minutes and England Athletics will produce a leader board showing total distance covered by each club, as well as average distance per runner at each club. Every club member's run will count towards the total!

The 'Straight Outta Boscombe' part is our own, Littledown twist on it! Perhaps you can't run at the weekend, or maybe you have a family member who wants to take part too? Or maybe you don't want to faff with the England Athletics uploading of your run? In that case, all you have to do is run 30 minutes and log it on Ant's new form – similar to the Covid 5k challenge.

How can I enter?

There are two ways you can enter:

1) If you are a Harrier and want to take part in the official England Athletics Weekly 30 challenge, you can do so by

- Registering here – <https://data.opentrack.run/en-gb/x/2020/GBR/weekly30/>
- Run for 30 minutes on Saturday or Sunday ONLY each week (make sure it is not a net downhill run or EA will disqualify it!)
- Log your run on the official EA portal via the same link above, details [HERE](#)
- That's it! Sit back and wait for the results – Ant will add your run to the Straight Outta Boscombe Littledown leader board

OR

2) If you don't want to enter the official EA challenge, or if you are entering a run for a family member, all you have to do is

- Complete a 30-minute run, start and finish at the same elevation (no downhill runs!)
- Submit the run via Ant's short form here - https://docs.google.com/forms/d/18exvncHaK-cg_h0kaRQwfz_D7SOvMaMQIZbgzOLE5gk/
- That's it! Sit back and wait for the results!