

L2SOTM Weekly 5K Challenge

The L2SOTM is suspended during lockdown but daily exercise is permitted; indeed encouraged. Running is good for your health, both physical and mental so here's a challenge to keep you running.

My running club, Hardley Runners, has been doing a weekly 5K challenge since the first lockdown started and they are happy for us to join in. Dan Latham is the coordinator. You don't have to join Hardley Runners and it is all free. The people who take part are of all shapes and sizes and the times range from over 50 minutes to under 18 minutes. One person runs with his child in a buggy.

The idea is that you run 5K any time during the week and record your time. You can run on your own or with a companion and compete virtually with like-minded people who are doing the same. Just make sure you comply with the Covid rules. You don't have to do it every week and friendly competition and sharing experiences encourages you to keep going. And, like the L2SOTM, improving is just as important as speed.

So how does someone who runs 5K in 50 minutes compete with someone who is twice as fast? The answer is age adjusted scores. We all slow down as we get older and WAVA scores take that into account. So if you are a 62-year-old woman and you run 5K in 38 minutes your WAVA score of 51.8 beats 51.6 for a 25-year-old man who runs 5K in 25 minutes.

There's an optional Facebook group where people share experiences and the results are published each week on the Hardley Runners website
http://www.hardleyrunners.co.uk/Results_2021.php

The leader board is in order of who can beat their target the furthest. So we're all competing against ourselves and whoever can beat themselves the most is the leader.

The rules are explained here

<http://hardleyrunners.co.uk/documents/Weekly-5K-Challenge-2021-Guidance.pdf>

The Facebook group is here

<https://www.facebook.com/groups/555488828431051>

Please email mrjeremybarber@gmail.com or give me a ring (01264 720459) if you'd like to find out more. Or you can just contact Dan direct and join. If you do that please mention the L2SOTM.

I am happy to coordinate results for L2SOTM runners or you can cut out the middleman and email them direct to Dan dansdrums@live.co.uk If you work out your WAVA score this will be a great help but we can do it for you if you let us know your date of birth and sex. Results have to be with Dan before 8pm on Monday each week.

Stay safe and, whatever you do, keep on running!

Jeremy

15 January 2021