



BvH XC Triple Challenge

Here is your next Virtual club event, it is the XC Triple!

Three challenges, in teams of three and you have two weeks to complete it, starting on Sunday 15th November and finishing on Sunday 29th November

Challenge 1

This is a fast 5km and this must be run 90% on grass, this will be ranked on the fastest time to complete the 5km.

Challenge 2

This is an elevation challenge, you must achieve a minimum of 400ft (122m) of elevation in a 5km run, again, this must be 90% on grass. For this challenge it must be run - walking up a big hill and running down the other side will not be accepted, and yes, we will be looking at GAP on Strava to check, hills make heroes – lets see some effort! Loops of a local hilly park for example will be accepted as long as you stay on the grass. This will be scored on total elevation and time – every 50ft over the minimum will take 20 seconds off your total moving time

Challenge 3

This is an obstacle challenge, plan a 5km route and for every XC Regular feature you encounter we will take 20 seconds off your final time. These include: a water feature, farmers gates, farmers fields, styles to climb, mixed terrain (mud, grass, gravel paths) any logs or fallen branches to climb over and wooded areas. Snap a quick picture on the way round and send them in to us. This must be run at least 70% on off-road terrain.

- Each member of the team will run just one event so it is up to you as teams to decide who runs what.
- Teams will be allocated at random, and you have 14 days to complete all three challenges.
- All results submitted must be elapsed time, not moving time
- There will be digital badges for the winning team and top 3 female and male athletes.
- Details on how to sign up and how to submit your results will follow shortly