

Ilkley Harriers 2020 Time Trial Tournament (contact daniel.mckeown@gmail.com)

With racing proscribed for the time being and all our various events in the bin, I think we could start a time trial competition to keep us going until normality is restored. I'm happy to keep a record of results and collate them for some sort of presentation either once it's safe for us to be in one another's presence again, or possibly hold it over until next year's Harriers awards do.

All of the TT courses will be on Strava segments and there will be a specified time period to run the course. One course will be in circulation from Monday - Friday each week, one different course at the weekend.

Please check the schedule (work in progress)

<https://docs.google.com/spreadsheets/d/1VWACuwq0C-djleAJzhdSmbLQsk8kYz-bQuadhZHHZm0/edit?usp=sharing>

My basic idea is that on weekdays it will be a street course that can fit nicely into an evening or lunchtime run. For weekends, when we can get out more in the daytime, it's likely to be something a little longer and involve off-road.

If you have any concerns about scheduled courses, please let me know on daniel.mckeown@gmail.com. You won't have to run *all* of the courses to qualify for prizes (see scoring, below). But let's face it, there's only so much Netflix any of us can watch.

We'll have separate gender / age group competitions, although this may involve me tactfully getting in touch to inquire about your age. And gender.

There will also be spot prizes, participation awards, improvement prizes, so everyone has a chance to win big!* The minutiae of how these will actually work is yet to be determined but, in the immortal words of Boris Johnson, I'm sure I'll probably think of something.

*small

If you have ideas for how to improve this format, make it more exciting, make it more accessible, whatever, please get involved! Also, please go ahead and create / recommend segments. Ideally I'm looking for stuff between 2 miles and 10k that's easy to navigate.

RULES (so far, work in progress, as above)

1. You will need to be on Strava <https://www.strava.com/>
2. You must be a member of the Ilkley Harriers club on Strava <https://www.strava.com/clubs/6152>
3. You'll need to upload your run to Strava by the cutoff time so that I can see it.
If you're a request-to-follow athlete and want to take part without the cartel finding out

where your new witness protection assignment is, please email me on daniel.mckeown@gmail.com and we'll sort something out.

4. Cutoff for entries is 9PM on Friday for weekday segments, 9PM on Sunday for weekend segments.
5. You can run the segment as many times as you please during their designated week or weekend. I'll take your best time.
6. This will be the time that Strava gives you - if you have quibbles about GPS issues, etc, I recommend you purchase a better watch.
7. The purpose of this is so we can race solo. That's down to individual runners, but what I'm basically saying is don't run as a massive group, coughing your germs in each other's faces.
8. Please be respectful and considerate of other pedestrians and path users. If your crack at TT course glory is thwarted because a family are trying to get their St Bernard over a stile at the wrong moment, please bear in mind that this is all a bit of fun to stop us from going stir crazy and any trophies I hand out at the end of the season are likely to be cheap and undesirable.

SCORING (the complicated bit)

1. The fastest runner gets 1 point for every Harrier who completes the course in the timeframe, with a minimum of 10 points. Second fastest gets 1 point fewer, and so on.

So,

- if 13 Harriers run the course during the week, the quickest of these will get 13 points, second will get 12 points.

- if eight Harriers run the course, the quickest will get 10 points, second will get 9 points and so on.

2. Everyone who takes part even on a single course will have a place on our leaderboard and, indeed, in my heart. At the end of the season, your final score will be determined by your best X results, where X is two-thirds of the courses, to the nearest whole number.

So, if we end up scheduling 12 courses in total, your final competition score will be your best eight results, if you run that many.

HAVE FUN AND STAY SAFE!