



## **November – December 2020 Individual Lockdown Challenge**

To run 6<sup>th</sup> November to 13<sup>th</sup> December

BMCR is pleased to offer our members the following challenge – It is not a time consuming or physically demanding Challenge. Its more about planning and executing within the spirit of the new lockdown. It's for us all to enjoy some fun low key competition in the context of the rules of lockdown.

**Maximum meters ascended within a 10 mile / 16 Kms ride.**

### **Rules of the Challenge**

To be done outside on any tarmac road within the UK.

Maximum distance covered 10 miles / 16 kms but any road must only be covered once. Maximum meters ascended will be the winner.

Maximum time taken will be 1 hour 45 minutes for the challenge but rides or drives to and from the chosen route will not count.

The route can be one loop, part of a loop or point to point.

Systems of record to be Strava, Garmin, Wahoo etc which must clearly show meters climbed, distance travelled, and time taken. Strava will typically show the route.

This is an individual challenge in keeping with the spirit of the times we live in.

Age groups and gender are irrelevant to this challenge so it will be one competition for the whole membership.

No limit to the number of individual entries submitted but your largest number of meters gained is the only one that will count to any prizes that may be awarded.

Electric bikes must not be used.

## **How to enter**

Email entries with supporting records to [4444@bmcr.org.uk](mailto:4444@bmcr.org.uk)

On the email you must clearly specify

- Name, BMCR membership number,
- Date of ride, distance covered,
- Meters climbed; time taken.
- Strava file and screen shot of bike computer to enclosed.

We do not want to be chasing anybody for these details nor do we have the resources or desire so to do. The summary data and publication is a manual process so we must keep it clear and simple.

Results sheets will be published and kept up to date on BMCR Facebook and web site pages.

Disputes will not be entered into and the decision of the NEC is final. In the event of a tie of meters gained, the fastest time will be the winner.

Good luck.

BMCR NEC