

Robinson College Lap Running Competition – Instructions!

Chance to win a £20 voucher!

You need to have access to **Strava**, a free app that works on most smartphones

(If you don't have access to a smartphone or to Strava, contact Harry to arrange alternative timing methods, such as with a stopwatch, or by borrowing another's Strava)

The route is mapped out as a segment on Strava, which should automatically be detected and linked when recording a run (it should also link to your runs retrospectively, if you've done them this academic year 2020-21)

To enter...

Send a screenshot to Harry (hb548)

To enter the competition, simply record a run through the Strava app, then send a screenshot clearly displaying your **segment time** and the **date of the run** to Harry, along with your **name and year group** (example screenshot below)

- The run itself may be longer than the segment or can include multiple attempts at running the segment. The time entered will be the fastest time to run the segment itself
- The segment can be viewed here:
<https://www.strava.com/segments/26136862?filter=overall>
- An example screenshot can be seen below, as well as a screenshot of the route (going clockwise from the side entrance of college, completing a full lap of the college site):

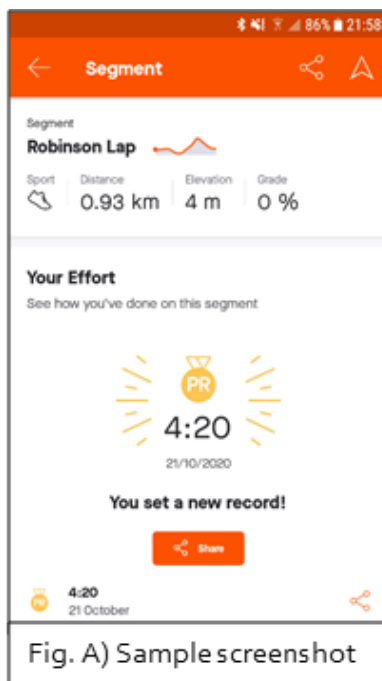


Fig. A) Sample screenshot



Fig. B) 'Strava' map of the 'Robinson Lap'

PRIZE:

The runner of the best time in each male/female year group will receive a **£20 voucher prize!**