

VIRTUAL CLUB STANDARDS

NRR in lockdown is now offering virtual club standards!

Run near your own home, at your own time, on your own, with the route of your choice, without stopping (elapsed time only) and grab yourself a virtual standard.

Times now by **10%** (Bronze Intermediate now **40%** of world record time)

**1
May**

1 mile (new award)
and **5k** standards
(must be separate runs)

**18
May**

5 mile standards

**1
June**

10k standards

HOW TO TAKE PART

- Record run on Strava/Garmin.
Put title on run as NRR virtual standard run 1 mile.
- Copy link and fill in virtual standard form on our website
- Casio people – Put a comment that you are on Casio and send a picture in of the time on your watch. (email details on claim form)
- We will email you your certificate and hand them out when we meet again!

