

St Margaret's



Sport

2020 Virtual Interhouse Cross Country

Monday 4 May – Sunday 10 May



Virtual Interhouse Cross Country Details

St Margaret's Sport is delighted to announce that it is launching the Virtual Interhouse Cross Country for 2020.

The Virtual Interhouse Cross Country requires you to get out and walk, jog or run during the week beginning **Monday 4 May to Sunday 10 May**. The distance required to be run by all age groups is **3km**.

Event awards are as follows:

- **Individual Age Group Results** – A leader board for each age group will be derived from one **3km** run recorded by all participating students.

*Individuals can record as many runs as they like however only their fastest 3km run will count.

- **Overall House Champion** – Overall leader board derived from the finalised age group results.
- **Spirit Champion** – Every participant gains one point for their House (staff also included). The House with the most participation is crowned Spirit Champion.
- **Overall Distance House Champion** – Derived from the kilometres run by each House and their participating members (staff included).

*Students can record as many runs as they like throughout the specified time-frame at whatever distance they chose (e.g. 6km) to contribute towards their overall House Km total.

How to Get Involved

Step 1:

Download the Strava Training: Run & Ride App



Step 2:

Join using either the following:

- Facebook
- Google
- Apple
- Or Sign up with a personal email (please **do not** use your St Margaret’s email)

Step 3:

Within the App on the ‘Feed’ page click ‘Explore’ (Image 1). Click on ‘Clubs’ and type – ‘STM – (Your House)’. Select your House and press **join** (Image 3)

Image 1

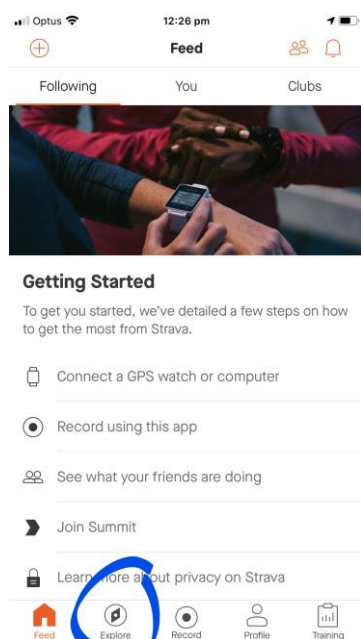


Image 2

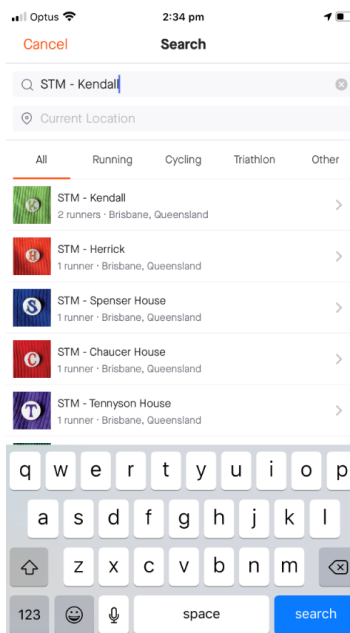
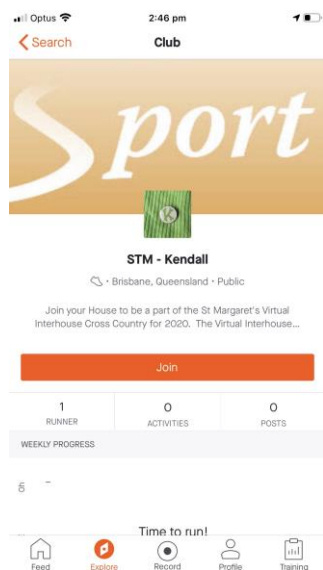
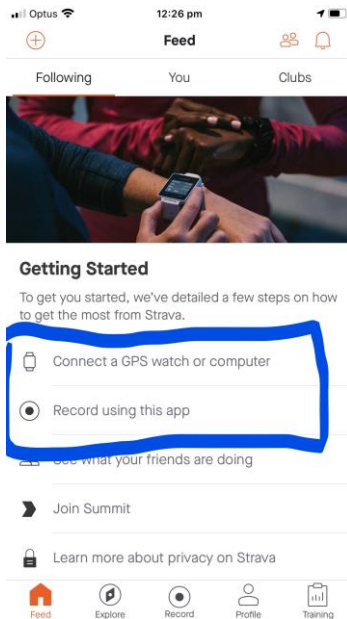


Image 3



Step 4:

Getting Started – on the Feed page either connect a GPS watch or record through the phone (app)

**Step 5:**

Go for a Run – Choose your own course in a safe environment. This can be laps around your block near home, in a park or along a bike path. Remember, whilst you can do as many runs as you like only one **3km run** (your fastest 3km run) will count towards the Individual age group results. Your run will automatically upload to your strava profile and into your House club.

Whilst we recognize all participants will be running different courses and on different terrains the emphasis of this event is on being active and remaining connected with your school community.

Best wishes to all runners and Houses.

Ms Lobegeiger
Head of Sport