

The Weekly 5K Challenge – New Guidance for 2021

What is the challenge:

In the absence of Parkrun at the current time, the challenge is to continue running a weekly 5K.

The results are collected at 8pm every Monday evening and you have the whole week complete a 5K run

You must observe any Coronavirus restrictions in place at the time. Running in isolation if needs be.

The idea is to challenge yourself to beat your “Target 5K” time and your **WAVA** Score.

The results will be listed in order of who can beat their own Target time by the furthest.

This is all about self-improvement, aiming to achieve your own personal best, in a positive environment encouraging all those around you 😊

How to take part:

- Run a 5K
- Record it; via your chosen running app (Strava/Garmin) or on a stopwatch if you don't have such gadgetry.
- Your route should be a loop course (to replicate Parkrun conditions and so any elevation loss is evened out with elevation gain - approximately).
- Any number of loops but the Finish Point should be within 500m of the Start Point.
- Once you press start, do not stop your watch until you've finished. Turn off any auto-pause.
- Send in your time and your **WAVA** score to one of the following places:
 - The Messenger group chat
 - Or on the Weekly Challenge Facebook page
 - Or text it to 07395 746186 (*if you want to be invited into the above just text me*)

How to Calculate your WAVA Score:

- Go to this link: www.howardgrubb.co.uk/athletics/wmlookup06.html
- Complete the boxes as shown in the image below and click the “age grade” button when finished
- You need to write your time with a colon between the digits (not a full stop)
- If you have any trouble with this, just send in your time and your age and we can work this out for you (but if you can calculate yourself it saves a lot of time for us)

The image shows a screenshot of a web form titled "Events" used for calculating WAVA scores. The form has several sections:

- Events:** Contains dropdown menus for "Sprints", "Hurdles", "Distance", "Road", "Walks", "Throws", and "Jumps". The "Distance" dropdown is set to "5", and the unit is "miles".
- Your result:** Includes fields for "Age:" (handwritten "36"), "Sex:" (radio buttons for "M" and "F", with "F" selected), and "Time/distance/height:" (handwritten "19:08").
- Age-grading:** A red arrow points to the "Age-graded" button with the text "click age grade when red info entered". Below this are fields for "Factor:", "Age-graded result:", and "Result:".
- Open std: Age std: Age-performance %:** Three empty input fields.
- Factors:** A dropdown menu currently showing "2006/2010".

2021 Target Time:

If you took part in 2020 – a “target time” will be calculated for you (you don't have to do anything), based on a Median of your top 10 times from 2020. We looked at various methods and this option seemed to provide a hard target, within sight of achievement.

If you're taking part for the first time in 2021 – if you could confirm your top 5 times in 2020 and the Target time will be calculated on the Median of those.

If you've not run a 5K in 2020 – your first run in 2021 less 30 seconds, will be your “Target Time”, but you should try and make that first run a hard effort.

Any queries:

Just email dansdrums@live.co.uk