

EVENT INFORMATION

What is the LYG Virtual Spring Run?

- The LYG Virtual Spring Run is the first part of our transition back to sport! The two-week event will officially 'kick off' our 2021 season and we are encouraging all young Londoners to take part!
- Young people across London will participate and score virtual points for their Borough.
- The aim of the event is to inspire and motivate young Londoners to be active, to train and represent their Borough.

When and where is it taking place?

- The virtual event will run from **Monday 10th May – Monday 24th May 2021.**
- Entries will open at 09:00 on the 10th May and close at 20:00 on the 24th May.
- Participants can complete the distance anywhere in London.
- Participants can choose whatever distance they want from 0.5km – 5km. The Borough with the furthest collective overall distance will win.
- Individual prizes are also up for grabs as part of the 3km challenge!! **To get involved, participants must complete 3km and submit their time.** Prizes will be awarded for the fastest entrants!

Who can participate?

- This virtual event is open to young Londoners aged 18 and under.
- Borough eligibility is based on residence or school attended. If a young person is eligible for more than one Borough, they must select which they are representing for this virtual event.
- There is no maximum number per Borough who can take part in this event. The aim is to get as many young people taking part as possible.
- There are no age categories for the event. Participants can choose the distance they want to complete (0.5k – 5k). Please ensure participants can safely complete their chosen distance.

How do I enter?

- Participants do not need to do anything prior to the start date to take part in the event.
- Once the run is complete (within the set date frame) entries can be submitted via the LYG website.
- Participants will be required to submit the distance they complete and if entering the 3km challenge, proof of time.
- Individual and group entries can be submitted.

SAFETY GUIDANCE

It is critical that all Government guidelines are adhered to at the time of running. Up to date guidance can be found [here](#). England Athletics Return to play road map can be found [here](#)

- U16's are advised to run with a parent or guardian as per the above guidelines.

Where can I run?

- Public places such as parks and public gardens remain open.
- Participants should look to reduce the number of journeys made and therefore look to run as locally as possible. However, travel is allowed if necessary, to access an open space.
- If running in the dark, ensure the chosen space is well lit
- U16's are advised to run with a parent or guardian.

How far should I run?

- Any distance from 0.5km – 5km. Please ensure you choose a distance you can safely complete.

Other safety considerations and 'DO's for participants

- Do tell someone where you are planning on running and how long you will be
- Do try and run in a place other people are nearby (remembering to social distance)
- Do pace yourself on your run
- Do warm up before running
- Do wear appropriate clothing for running (trainers, sportswear etc and remember you will get warmer as you run and then colder quickly once you finish)
- Do walk parts of your run if you need to