



## Durham City Virtual Regatta Sunday 10th May 2020

### Junior Challenges

Squad	Ergo	Run	Cycle*
J13s	1km r24	2km	5km
J14s	2km r24	4km	10km
J15s	3km r24	6km	12km
J16s+	4km r24	7.5km	15km

### Senior Challenges

Squad	Ergo	Run	Cycle
Off-Peak	2km r24	4km	10km
Senior	4km r24	7.5km	15km
Racing Masters	3km r24	6km	12km

\* If you cycle, you MUST wear a helmet!

- You can enter **up to two** challenges.
- You must complete each challenge between 8.00am and 1.00pm on Sunday 10th May. Submit your scores by 3.00pm on Sunday 10th May via the Google Sheet link or via the email below.
- Collect evidence of your achievement, either a photo of an ergo monitor, fitbit, strava, garmin, mapmyrun etc.
- Send photos of you completing your challenge to [captain@durham-arc.org.uk](mailto:captain@durham-arc.org.uk) OR, if you use Instagram you can share photos via the **\_\_darccoaches** or **durhamarc** Instagram pages.
- Winners to be announced at the club quiz on Sunday evening (Quiz starts at 7.30pm).
- Your family members can take part too by choosing any of the challenges to complete themselves!!

There will be prizes!!!  
Good Luck!