



**#DevonVirtualGames**

## **Walk – Jog – Run Devon**

**Opens:** 10am, Monday 18<sup>th</sup> May 2020

**Closes:** 5pm, Sunday 14<sup>th</sup> June 2020

This event will be open for 4 weeks and if you achieve one of our distances you will receive a bronze, silver or gold School Games medal and certificate. All entries will also be included into a prize draw for the chance to win some great prizes, plus the school with the highest percentage of their pupils taking part will also win a prize, so make sure you tell your friends from school to get involved too!

### **Conquer a Devon Route – Virtually**

Either walk, jog, or run to accumulating distances over 4 weeks.

#### **Primary School Age Participants**

20 miles for Bronze

30 miles for Silver

40 miles for Gold

#### **Secondary School Age Participants**

40 miles for Bronze

60 miles for Silver

80 miles for Gold

#### **Before You Start**

1. Plan your route including how many miles you will walk each day/week in your local area, away from traffic to achieve your target.
2. Make sure someone knows where you are going.
3. Preferably exercise with others, get brothers, sisters, mum, dad, or any family member to join in with you. Do not forget to take the dog if you have one.
4. Under 11's must be accompanied by an adult.
5. Make sure you observe the Governments latest advice on travel and social distancing.

#### **How to Complete the Event**

1. Walk, jog, or run your chosen distance and record your mileage each time.

2. Add your total mileage up and try to reach the distance for either bronze, silver or gold medal. Good Luck!

**Rules for the Event**

1. If you have a fitness tracker like a fit-bit or a mobile phone app, then record the distance travelled and take a picture of your mileage at the end of each walk or run for evidence. Some examples of mobile apps that you can download to record your distanced walked or run are map my run, run keeper, Strava run and ride training.
2. Use a screen shot of google maps as evidence of where you have gone.
3. If you do not have any devise to record the distance, then use the table below as a guide as to how far you have travelled.

**Recording Your Miles**

Use this template to record your mileage to keep track of your distance throughout the Event *but Do not forget to complete the online form to enter.*

Date	Type of activity (Walk/Jog/Run)	Time participating in the activity	Distance	Evidence (photo / video – optional)
Total mileage				

**Enter the Event Online**

You must enter your details and overall distance on the online form to enter the event and be included in the Prize Draws.

[Click HERE to enter the Walk Jog Run Event.](#)

We are asking for the information below to be completed on the link above.

- First Names
- Last Name Initial
- Gender
- Year Group
- Name of School
- Primary – Secondary or Home Education
- Who is your School Games Organiser?
- Which challenge have you completed?
- Media and Privacy Statement
- Email Address to receive a certificate
- Uploading evidence (Photos or videos) is optional

Work out how far along our popular Devon walking trails and coastal paths your distances could have achieved. Please ensure you are following the [latest government guidance on being active during the coronavirus outbreak](#).

[South West Coast Path](#)

[Drakes Trail](#)

[West Devon Way](#)

[Walking in Devon](#)

[Accessible Walks in Devon](#)

### Estimate Times/Distances That Could be Achieved

#### Walking

20mins	1 mile
40mins	2 miles
60mins	3 miles
1 hour 20 mins	4 miles

#### Jogging/Running

12 mins	1 mile
24 mins	2 miles
36mins	3 miles
48mins	4 miles

#### Social Media

Why not share your favourite walk and achievements with us on social media using the #DevonVirtualGames:

- Facebook – School Games Devon
- Twitter - @Sgdevon
- Instagram - @sgdevon1