

Always run with a parent and maintain 2 metres distance from members of the public



St. Anthony's School

Roger Bannister Challenge (One Mile Run)

Competition ends @ Midday on Friday 12th February



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Sir Roger Bannister was the first person to register a sub 4 minute mile run!

Before he broke the 4 minute barrier in 1954, people thought that this was impossible and that the human body would crack under the pressure.

Sir Bannister from Harrow has inspired generations of runners and the mile world record now stands at 3:43!



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Rules

- Go out and run one mile as fast as you can (Treadmill times will not count)
- Record your activity on a running app via mobile phone, running watch or smart watch (See running apps you could use on the next page).
- Keep a screenshot of your run for proof, should you win one of the age categories!
- Ensure your run is as flat as possible (See page 4 for instructions).
- Send your time to your teachers along with a screenshot of your run. They will then upload your score.
- You can take part in the one mile challenge as many times as you like. Just send in your new time and screenshot if it is faster than your previous attempt up to Friday, 12th February.
- There will be prizes for the top three runners in each age category and a prize for the fastest overall school. The fastest School will be decided by adding the times of the top four runners from each age category together: U9, U11 & U13.
- In addition, there is a competition for parents and staff.

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Safety

Although this event is designed to keep pupils active and engaged with others, safety and social distancing are the top priority.

- Always run with a parent/guardian present
- Maintain social distancing from pedestrians (Even if it means slowing down or stopping!)
- You may pause your running timer if you need to pause your run to stop or move for pedestrians
- Running early in the morning would be sensible to avoid busier streets

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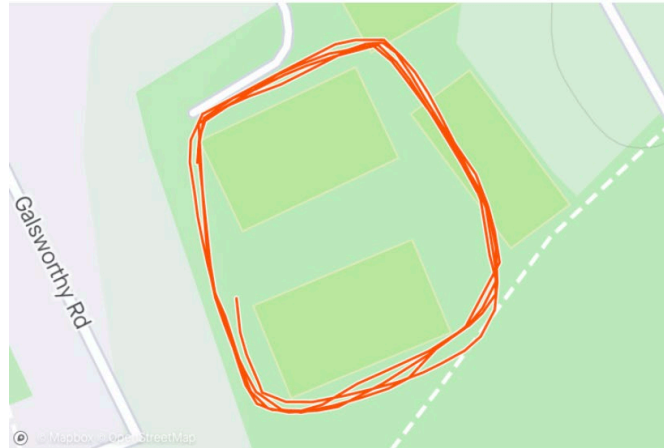
Running Apps you could use



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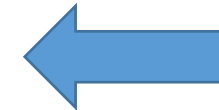
- Strava (Top Pick)
- Nike Running Club
- Garmin Connect
- Adidas Running
- Runkeeper
- Pacer
- Map My Run

Roger Bannister challenge



Distance	1.05 mi	Avg Pace	6:20 /mi
Moving Time	6:39	Elevation Gain	47 ft
Avg Heart Rate	154 bpm	Max Elevation	214 ft

Screenshot
taken from
Strava for
proof!



There are many other apps but these are some of the best.

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Choose a flat area to run...

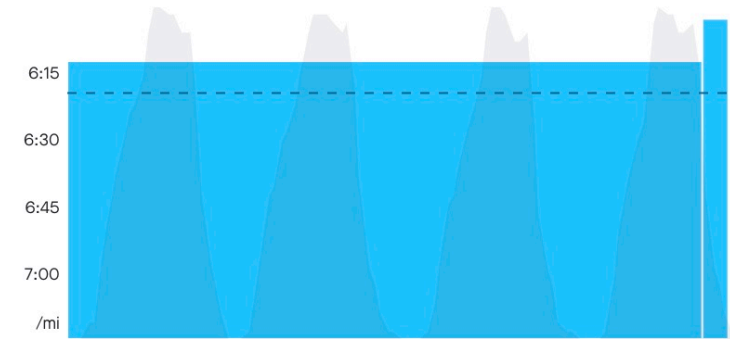
To ensure the competition is fair, please don't run downhill for one mile. Most running apps will give you an elevation measurement after your run. Please see the image to the right underneath the orange arrow.

We will accept any run that has no more than an overall -5 elevation. The run to the right would be +5 overall.



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▶ Pace Analysis



All the splits you record get detailed breakdowns and visualizations with Pace Analysis.

[Learn more about Pace Analysis](#)

Splits

MI	PACE	ELEV	HR
1	6:13	5	154

Problem with your data?

[Report](#)



Feed



Explore



Record



Profile



Training

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Values

We hope you enjoy the competition and it keeps you engaged during this period of lockdown. Please see our School Sporting Values below and how they are relevant to this challenge.

- **Creativity** – Continuing to be active with limited resources at home
- **Awareness** – Please maintain social distancing when completing your run
- **Resilience** – Remain positive and keep smiling during this challenging period
- **Decision Making** – Maintain a healthy life balance with work and exercise
- **Self Organisation** – Warm up, wear games kit, record your result accurately

Jonathan Dunne – Director of Sport – St. Anthony’s School for Boys

Upload any photos or videos of your run to our social media accounts;



@stanthonysport



@stanthonysport



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