



Running on: Matt Roberts helps children train for Pulse3k and, below, the chip

Here are some chips that are good for you

RUNNERS in Regent's Park can now use tracking chips embedded in paths to time their runs.

Runners follow the marked routes – of 1.35km, 2km and 3.11km – while wearing a tiny £20 microchip sensor. Their times are put online, and can be used to compete in virtual races against friends.

Although anyone can use the system, it will also be used to train young athletes for Pulse3K, a race sponsored by Haven holidays for 11- to 16-year-olds, in Hyde Park in October. Sara Lom, chief executive of the Royal Parks Foundation, said: "We hope lots of young people will use the chip for training, as well as for fun, as they prepare for



Pulse3K." Matt Roberts, a personal trainer and visiting professor at London Metropolitan University, said: "For many of our current elite athletes, it all started in the park!"

For more log on to:
pulse3k.com

