South London Orienteers

Sunday 9th October 2005

Half Marathon Trail Challenge

Richmond Park
Half Marathon Trail Challenge

also including 12K, 6K and
2k mini race for juniors

Starts and Registration:
Starts from 10:30am from the Hawker Leisure Centre, Lower Ham Road, Kingston, KT2 5BH, London

A **TRAIL CHALLENGE** is a mass start cross-country race with a difference. The course is marked out on a map across Ham Riverside and Richmond Park. The course follows trails and paths in some of the best cross-country running areas that London has to offer.

FURTHER INFORMATION: www.sloweb.org.uk

ENTRY INFORMATION

ENTRIES: adults **£5 in advance, £7 on the day**; juniors half-price. Includes detailed map of the area, hire of an electronic 'finger' timer to record your arrival at checkpoints and to produce instant results showing your time between checkpoints. Please enter in advance by post, using the form below. The closing date for advance entries 2nd October 2005. Cheques payable to SLOW. Entries on the day accepted, subject to entry limit not being reached.

MINI TRAIL CHALLENGE: for boys or girls under 15 on 31 December 2005. Prizes for various age classes.

REGISTRATION: will be open from 9:30am. Please aim to be ready 10 minutes before your start. Your competition map with the marked checkpoints will be distributed during a race briefing ten minutes before each start.

PRIZES: Usual categories including women, juniors & veterans. In the 6km race only women, juniors and super-veterans are eligible for prizes. The more entries in advance we get, the more wine/beer/chocolates will be given away.

ENTRIES AND ENQUIRIES TO: Mark Vyvyan-Robinson, 3 Waldemar Ave, London SW6 5LB
PHONE: 07870 259903   **EMAIL**: vyvyanrobinson_m@hotmail.com

START TIMES:
Start times for all events
Half Marathon 10:30am, 12k race 11:00am, 6k race 11:15am, mini race for juniors 10:45am

DIRECTIONS:
Please see the map of each event's location on the web www. sloweb.org.uk

Competitors take part in this race at their own risk. As entries and results will be processed by computer, your entry will be taken as agreement to this.

HALF MARATHON TRAIL CHALLENGE ENTRY FORM

Name………………………………………………………………………………….

Race………………………… Date of Birth……………………. M/F

Contract Phone Number………………………… Club………………………..

SI Number (if applicable)…………………………….

I enclose a cheque for £…………. Payable to 'SLOW' and an s.a.e. if confirmation of entry is required. If you prefer, we can do this via email - please give your email address here:

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If you do not want to be contacted about future Trail Challenges by email please tick here ☐ (only about 3 emails a year)