

South London Orienteers

Sunday 5th September 2010

Half Marathon Trail Challenge

Richmond Park
Half Marathon Trail Challenge

also including 12K and 6K Races and
a Free 2k mini race for juniors

Starts and Registration:

Start from Hawker Centre, Lower Ham Road, Kingston upon Thames, KT2 5BH (between Richmond and Kingston)

A **TRAIL CHALLENGE** is a mass start cross-country race with a difference. The course is not marked by marshals but is instead defined by checkpoints on a professionally made colour map. The Trail Challenge arises from choosing the fastest route between the checkpoints. The course follows trails and paths in one of the best cross-country running areas that London has to offer.

FURTHER INFORMATION: www.sloweb.org.uk

ADDITIONAL INFORMATION

ENTRIES: adults £6 in advance, £8 on the day; juniors and students half-price. All entries in advance via the online link in www.sloweb.org.uk/trail

The entry fee includes a detailed map of the area and hire of an electronic 'finger' timer to record your arrival at checkpoints. The electronic 'finger' timer will produce instant results at the finish including a break-down of your timing between checkpoints.

The closing date for the online entries is the Wednesday prior to the race. Entries on the day are accepted, subject to entry limit not being reached.

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.

MINI TRAIL CHALLENGE: for boys or girls under 15 on 31 December 2010. Prizes for various age classes.

ENTRIES AND ENQUIRIES TO: Dan Findlay-Robinson, **PHONE:**07971552785
EMAIL: trail@sloweb.org.uk

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 the Hawker Centres location on the web at www.sloweb.org.uk

CAR PARKING: Car parking is available at the Hawker Centre.

BAGS AND CHANGING FACILITIES: There are changing facilities at the clubhouse. The centre will also be manned at all times such that bags may be left behind during the event. However please do not bring anything valuable!

THE SMALL PRINT: 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.