



South London Orienteers

Sunday 21st September 2008

Half Marathon Trail Challenge

Ham Riverside and 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 Centre, Lower Ham Road,
Kingston upon Thames, KT2 5BH

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 weekend prior to the race. Entries on the day are accepted, subject to entry limit not being reached.

MINI TRAIL CHALLENGE: for boys or girls under 15 on 31 December 2008. 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, **PHONE:** 07875 119903
EMAIL: publicity@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 Centre's location on the web www.sloweb.org.uk

CAR PARKING: Car parking is available at the Hawker Centre

BAGS AND CHANGING FACILITIES: The Hawker Centre is a leisure centre and therefore there are changing facilities. 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!

FOOD: The Hawker Centre has a restaurant and a bar that will be open on the 21st September. Please feel free to stay for Sunday lunch!

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.