

Tri Coaching UK

Presents

Winter Trail series 2006/2007

Mallards Pike Lake is situated near to the heart of the Forest of Dean. Situated on the Parkend to Blakeney road it is easy to access and has plenty of parking (Please note £2 Parking fee so try and come with more than one in a car.

There are toilets at the venue and there is usually a refreshments van for drinks and food.

Registration

Registration will be from 8.30am till 9.45am. You will be given your number which goes on your front.

Registration will be situated by the Toilet block.

For all athletes who are doing the 3 race series please keep hold of your number after the race as you will have the same number for the other races.

Race Distances

Competitors will have a choice of 1, 2 or 3 laps of the addidas trail

1 Lap = 5.4km

2 laps = 10.4km

3laps = 15.4km

Start Time

The start time will be 10.00am, with all athletes starting at the same time.

The Course

The addidas trail takes in the hard trails near to mallards pike and is ideal for a good winters run. It has a very slight incline on the first half of the lap and down hill on the second half.

The course is well marked and there will be a few marshals at the important areas. Please do not turn off the main track unless directed to do so by a marshal.

The Finish

At the end of your lap you will either continue onto your 2nd or 3rd laps or if only doing the 5.4km you will be directed down towards the Finish. Please make sure that your number is visible for the time keeper to record your finish time.

Prizes

There will prizes at the individual races for 1st 3 male/female athletes in each of the distances. Other prizes will be awarded depending on entries. Results will be online the following day

Race Series

Points will be awarded in each of the 3 races.

1000 points for the winner of the 5.4km race – other positions gain points on a percentage of entries.

1250 points for the winner of the 10.4km race – other positions gain points on a percentage of entries.

1500 points for the winner of the 15.4km race – other positions gain points on a percentage of entries.

The overall series winners – Those athletes with the most points will receive the following prizes.

1st Male / female = £125

2nd Male / female = £75

3rd Male / female = £50

Please note – athletes must have competed in all 3 events to be eligible for awards

All athletes who compete in 3 events will receive an event T'shirt

Contacts

For further information please ring 07854240319 or email racing@tricoachinguk.org

