

**HYLANDS HOBBLE
12 MILE TRAIL RACE
8 NOVEMBER 2009 10.00
The Horse & Groom Galleywood Common
Grid reference OS Explorer 183 701 029
ENTRY FEE
£3 Affiliated £5 Unattached
Includes £2 Voucher**

If you haven't tried one of our races before, here are a few tips

- Don't follow anyone who has run one of our races before.
- There will be a kit check, so don't wear any clashing colours, such as orange vest and pink shorts. It's stating the obvious but green vests are best avoided.
- Enjoy that feeling of smug satisfaction when that fast bloke overtakes you for the second time.
- Don't follow any Springfield Striders, unless you can keep up with Gary Chandler or Andy Mason, local knowledge has proved totally useless in the past.
- Don't follow any Colchester Harriers or Howard from Grange Farm, don't ask, just don't.
- Try not to snigger too loudly when that fast bloke overtakes you for the third time.
- Assume that anyone who finishes in front of you has gone the wrong way, short cutting by at least a mile, and therefore you are the winner.
- It is traditional that you should vent your anger on the organiser at the finish (if you can find it or him for that matter). If in doubt as to his identity, just ask for Len (although he'll probably be in a ditch somewhere).
- Wear the right footwear i.e. lightweight boots with retractable studs. (Flippers optional).
- If a farmer asks you who is organising this event, deny all knowledge and diplomatically retreat from his garden, milking parlour or wife's embrace. Alternatively tell him where the B Team live
- The use of electric fences to boost your performance is not allowed.
- Beware of fast finishing Thrift Green Trotters when the pub comes into view near the finish.

WHAT YOU REALLY NEED TO KNOW

- Please register at the pub and pick up a route description. The starts will begin from 10.00. (**NOT BEFORE BECAUSE THE PUB WON'T BE OPEN WHEN YOU FINISH**) You will be set off at intervals.
- There will be no need for numbers, so don't bother with any pins, as if.
- I hope to have feed stations on the route, but can't guarantee it, so please come prepared.
- Hopefully we will be able to use the pub's toilets.
- There will be refreshments available at the finish, if you can find it.
- Please take care in fields containing livestock and shut any gates.
- The course has some road, but is mainly on good paths and tracks. However, if the weather has been wet the bridleways can be very boggy.
- Have a safe and enjoyable run.
- Results will appear on www.springfieldstriders.org.uk within 24 hours.
- If you have any questions please ring Kevin Wright on 01245 445433.