

## TEES TRAIL RACE SERIES

In association with STOCKTON BOROUGH SPORTS DEVELOPMENT



Our objective is to offer friendly events which appeal to all runners, regardless of standard and age. All races are approximately 5kms in distance. All events start at 7.15pm unless stated otherwise and registration is open from 6.15pm.

As for previous years we are using the same format as before. There will be six qualifying events with the three best performances counting to the series prizes. Provided we have a similar turnout to previous years, We anticipate that the prizes will be similarly extensive within each of the age groups. Entry fee is unchanged at £3 (attached) and £5 (unattached). You need only complete an entry form once for the series, but you need to register at each event (and of course pay the race fee....£3 for attached runners...£5 for unattached. The £2 difference is a levy applied by UK Athletics). If you are an unattached runner you should consider joining your local club. This will save you £2 at each race and you will have access to coaching and you will be able to enjoy camaraderie with other members.

Please enter on-line here:

<http://trailraces.co.uk/register.php?event=2>

When you pay the fee you will receive your number. As last year, there is separate registration for ladies...they have a different number range to the men. **This number should be kept by you for the whole series. Please remember to bring it to future events.**

Just like previous series, you need to do a minimum of 3 events to count in the series. If you do more than 3, you're best 3 performances will score. Series prizes, which are awarded for very extensive age group categories, based on year of birth, are presented at the end of the season. More details on this later. At each event, the first 3 runners home both male and female qualify for prizes which are presented after the finish of the event. There are no age group prizes at individual events. Spot prizes are awarded at all events after the finish.

Those of you who are new to the series may be interested to learn that, each year, we are able to make donations to various charities from any profits that the series makes e.g. in 2012 we were able to donate £400.

The organisation team is made up of Bob Howe and Rob Pollard, who is our webmaster and Vicky Fawcett from Stockton Council Sports Development Team. Vicky has been instrumental in arranging the venues. If you have seen this year's flyer you will have noted that Vicky is putting on a junior race at each venue unless otherwise stated. For any information on these please contact Vicky direct ([Vicky.Fawcett@stockton.gov.uk](mailto:Vicky.Fawcett@stockton.gov.uk)).

As in previous years so we would be keen to hear from anyone who would like to help in any capacity. As always, course marshals are very important so can anyone wishing to help please contact Bob ([Bob@teestrailraces.org](mailto:Bob@teestrailraces.org)). Have a good, enjoyable run.

Rob, Roy and Bob