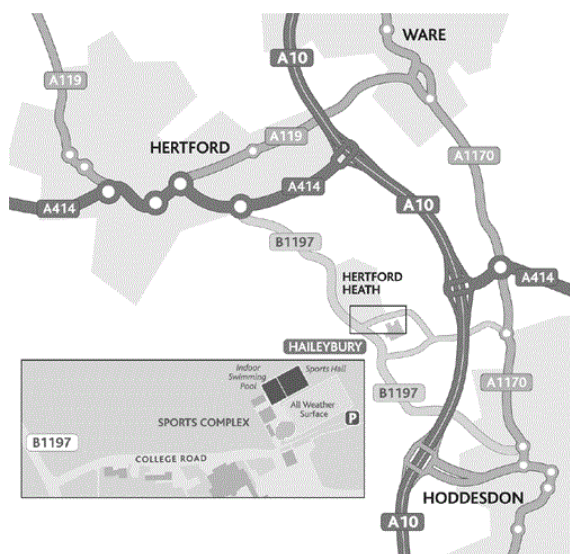




Hoddesdon Tri Club's Junior & Youth Cross Country Event

Sunday 5th November 2017

Haileybury Sports Complex, Hertford, SG13 7NU



Arrival from **7.30am** Marshalls will direct you to the designated parking areas. Parking is free of charge.

Registration opens at 8am for completion of consent forms, entries will be taken on the day.

Tristar (8 years old) – race time 9am distance 600m

Tristar 1 & 2 (9 to 12 years old) – race time approx. 9:15am distance 1500m

Tristar 3 & Youth+1 year (13 to 17 years old) – race time approx. 9:45am distance 3k

(Age is calculated as: the person's age on 31/12/17)

Hot drinks, water/squash and cake will be available after the event, with a donation of £1 per person.

Please note: this event will be muddy, please ensure you have suitable layers and a change of clothes/shoes for after the event.

The use of trail shoes, cross country spikes or even football/rugby boots are recommended.

Please email hoddesdontriclub@gmail.com if you wish to take part or have any further questions.





Venue – Haileybury School

Course Descriptions

All routes are on private grounds; the course will be fully marshalled and signed. Start and finish lines are the same for each distance.

Tri Start (8 years old) - 600m Route

Start time - 9am

One lap of a 600m course; taking in a muddy section, a few little hills, a steep short hill and grass.

Cross country trainers recommended.



Tri Star 1 and 2 (9 to 12 years old) - 1.5km route

Start Time - Once Tri Start Race has finished

Two laps of a 750m course, course is all off road covering grass, forest trail, mud, roots, and short steep climbs.

It will take cross country spikes, it is very slippery and cross country trainers are recommended.

It is most likely not possible to complete the course in normal trainers.





Tri Star 3 and Youth (13 to 17 years old) - 3km Route

Start Time - Once Tri Star 1 and 2 race has finished

Two laps of a 1500m course, course is all off road covering grass, long grass, forest trail, mud, roots, long climbs and short steep climbs.

It will take cross country spikes, it is very slippery and cross country trainers are recommended.

It is not possible to complete the course in normal trainers.



(Age is calculated as: the person's age on 31/12/17)

