



## SCOTT AZTEC

### Forest of Dean Trail Series

### 5.4km / 10.4km / 15.4km

## Mallards Pike

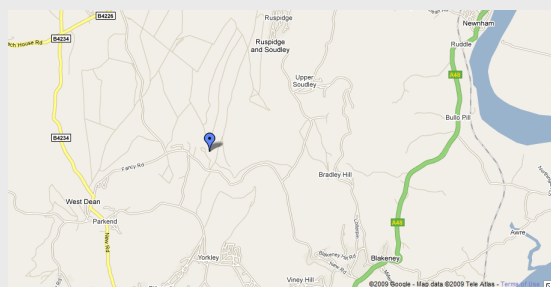
Welcome to the Scott Aztec Forest of Dean Trail Series. There are 3 races throughout the winter and is suitable for all abilities. They are a great way to test your winter fitness and your progression during the colder months.

Below is the information you require to have an enjoyable day. Please ensure that you have read all of the information before the race.

We look forward to seeing you in the Forest of Dean and hope you have an enjoyable day.

#### Directions:

Mallards Pike is situated on the Blakeney to Parkend Road. Blakeney is on the A48 between Lydney and Gloucester. Follow the signs for Go Ape. Parkend is on the B4234 between Lydbrook and Lydney. Again follow the signs for Go Ape.



Larger map is at the end of this information

#### Car Parking:

Car parking is situated at Mallards pike. There is plenty of parking available and please ensure you have £3 available as the Forestry Commission charge for parking.

Please be aware that there are other users at the venue.

#### What You Need To Bring:

At any event you will get novice athletes through to athletes of all abilities. However you will need a few essential items.

A good sturdy pair of running shoes. The surface is very good but might be slight wet (not slippy) so normal trainers are fine. If you want to wear off road shoes, then trail shoes with medium grips are more than ok.

#### Registration:

Registration will be available from 3pm till 5pm on Saturday and also from 8.30am till 10am on Sunday. Please ensure that you register at least 15mins before your allotted start time.

Registration will be situated in the marquee by the start line.

You will be given your race numbers, and you will be given your timing chip.

#### Race Brief:

There will be a race brief before the start of each race, this will give you any final information and any safety information. Please make an effort to attend if you are unsure on any aspects of this event.

10:00am— 15.4km Starts

10:15am— 10.4km Starts

10:30am— 5.4km starts

#### Electronic Timing:

All of the athletes will be required to wear the microchip on their ankle.

This technology for the results will enable the athletes to get an instant time when they have finished. This system will also continually update the results as later finishers complete the event.

Once you have received your timing chip, do not cross the timing mats unless you are racing.

Athletes will be able to see their times on the screen situated in the timing van.

Once you have finished you must return your timing chip or you will be charged £25 for a replacement.

If you wear the timing chip anywhere else other than your ankle it is likely that you will not get a time for any of the race sections. NO CHIP = NO TIME

#### The Course

The 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 2<sup>nd</sup> or 3<sup>rd</sup> 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 take a back up finish time.



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#### RESULTS:

These will be available on the screen next to the finish line straight after the event. They will also be available online the following day at [www.blacksheepsports.co.uk](http://www.blacksheepsports.co.uk)

#### MARSHALS:

For any event to run smoothly it requires the help of volunteers. If you have friends or family coming to watch then why not ask them to help marshal. No experience is needed as all information will be given to them on the day. Its great fun and lets them feel involved in the day. They will be give a drink and food and also receive an event top. For further information on marshal opportunities please contact us at [events@blacksheepsports.co.uk](mailto:events@blacksheepsports.co.uk)

#### EVENT OFFICE:

Please note that the event office will be closed from Friday Please do not email or leave messages.

#### FUTURE EVENTS:

The trail series is one of many events that Black Sheep Sports are organising this year. If you enjoy running or triathlons then why not have a look at some of our other events.

Eastnor Castle Classic and Middle Distance Triathlon.  
4th July 2009

These fabulous events take place in the shadow of the impressive Eastnor Castle, The swim starts in the safe enclose lake beneath the castle, whilst the bike route takes in the majestic Malvern Hills. The run finish's the event with a safe run through the Castle's deer park.

The Big and Little Woody Triathlon  
28th August 2010

These two events take place in the beautiful Forest of Dean. The only event in the UK to run a long course and middle distance event , these races are back for there 3rd instalment and a return the Five Acres and Drummonds Dub.

Forest of Dean Duathlon  
10th October 2010

This is the very first event that was organised by Black Sheep Sports. Based at the Forest of Dean Gymnastics and Fitness centre, this end of season duathlon is a great way to end your season. A 5km run through the woodlands, followed by a 15km ride before finishing with another 5km run.

#### BLACK SHEEP SPORTS EVENTS:

11th April—Scott Makani Monmouth Sprint

6th May—Zone 3 Open Water Swim R1

9th May—Scott Makani Lydney Sprint

3rd June— Zone 3 Open Water Swim R2

13th June— Scott Makani Ross-on-Wye Sprint

1st July—Zone 3 Open Water Swim R3

4th July— Scott Makani Eastnor Castle Sprint  
4th July—Eastnor Castle

1st August—Cirencester Park Trails Half Marathon

5th August— Zone 3 Open Water Swim R4

28th August—The Big and Little Woody

4th October—Forest of Dean Duathlon

21st November—Scott Aztec Trail Series Race 1

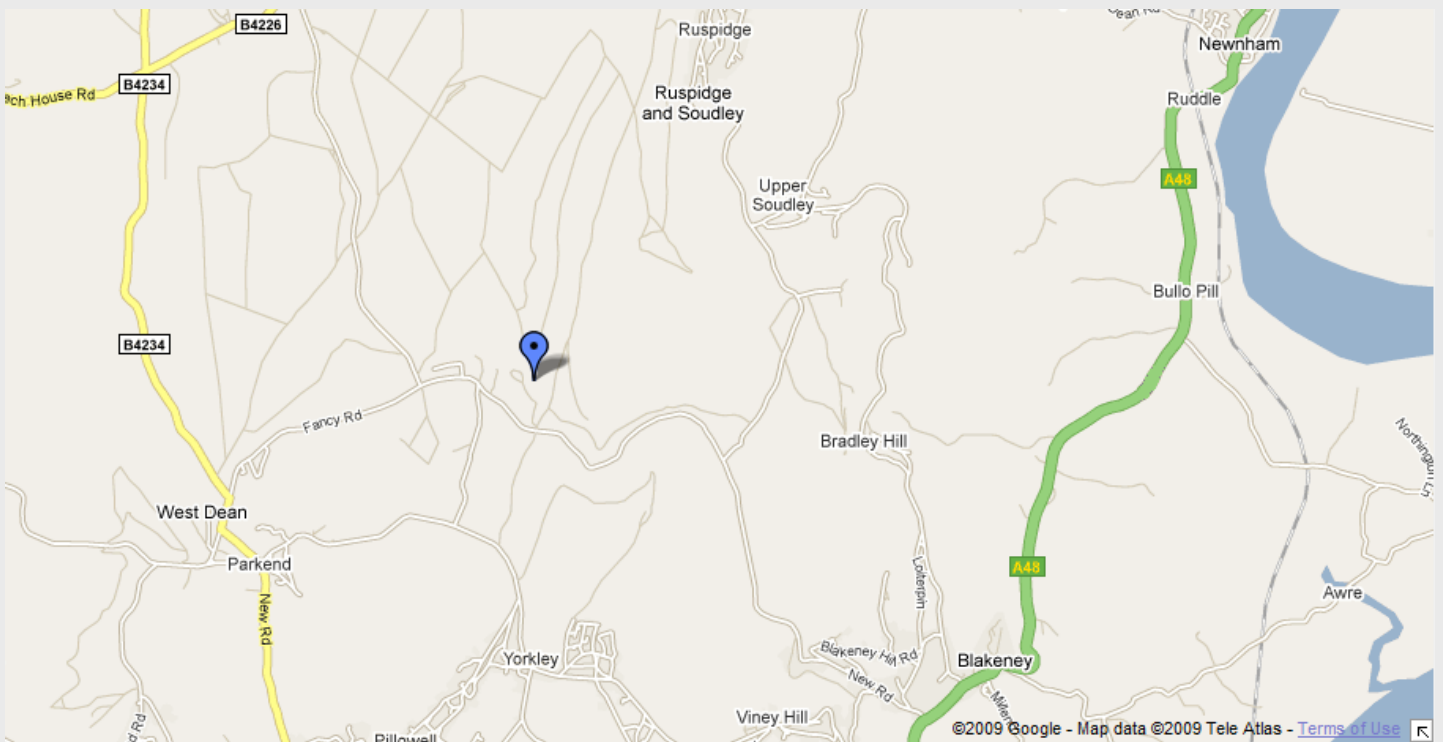
All race information and entries are available at [www.blacksheepsports.co.uk](http://www.blacksheepsports.co.uk)





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