

# Yorkshire Evening



## Trail Series

4 self guided trail races near Leeds, each approx 6 miles long, all starting from country pubs on Wednesday evenings during summer 2015.



13<sup>th</sup> May – The New Inn, Eccup

24<sup>th</sup> June – The Emmott Arms, Rawdon

29<sup>th</sup> July – The Bingley Arms, Bardsey

26<sup>th</sup> August – The Scotts Arms, Sicklinghall

Starts from 6.30pm

***[countrytrailraces.co.uk](http://countrytrailraces.co.uk)***

# Countryside Running For All

Country trail races are fun and follow scenic yet challenging routes in the Yorkshire countryside. They will take you somewhere new to run and are relaxed with a strong social element. Everyone gets a £2 voucher to spend in the pub after the race, and can compare how they got on.

Reward comes from guiding yourself around the course using easy to follow instructions, there's no need for navigation skills. You can start when you're ready as all runs are timed like a time trial. The winner is the quickest around the course.

The events suit all runners, from fast to slow and

everything in between. You'll find there isn't the usual race pressure, many are happy just to follow the route with a friend. The time trial format encourages you to run as fast as you can, but to win raw pace must be matched with the ability to read on the go. It levels the field!

Take your running in a new direction and try it!



# Trail Series Information

## Entry Details

Fees for each race: £5 attached / £7 unattached

Entry fees include £2 pub voucher

Details on how to enter will appear on our website and facebook page before each race:

[www.countrytrailraces.co.uk](http://www.countrytrailraces.co.uk)

[www.facebook.com/countrytrailraces](http://www.facebook.com/countrytrailraces)

Narrative route details will be issued on the day

## Series Scores

Each race will have its individual male and female winners. Runners earn series points at each race which will be calculated as follows:

The runner with the quickest time will receive 100 points. All remaining runners will receive points based on how their time compares with the winner's. For example:

Winning time = 48 minutes

Runner's time = 60 minutes

Runner's points =  $(48 / 60) \times 100 = 80$  points

Runners will be compared with winning times of the same gender.

## **Series Champions**

The Yorkshire Evening Trail Champions will be decided by adding the best 3 points scores from all the races entered by each runner. The greatest points haul wins. Nevertheless, everyone who enters at least 1 race will receive a personalised series result and finishing position.

Awards will be made to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed male and female runners in the series. Runners competing as pairs or in groups will be considered as one in the final standings. There aren't any age category prizes, but we will seek to extend some prizes further down the order from a prize fund dependant on entry numbers.

Results will be published on the website  
[www.countrytrailraces.co.uk](http://www.countrytrailraces.co.uk)

See you at one of the races!

Routes by:



**Dave Paver**

**Iain Denby**