

## Hardings Paddock Relays

This Sunday Ugly Gully is putting on a Casual and Relaxed Relays Event so you can have a gentle warm-up before the QLD State Championships. Nothing too strenuous with the aim for it to be short and sharp event just to iron out any cobwebs.

It is in the nicest parts of Hardings Paddock and times are expected to be generally fairly quick.

It is a two-man relay format with a mass start at 9:30am of first runners (Kids/Easy will go first so we can cheer them on, Longs at 9:35 and Shorts at 9:40). There is some forking so it will give you a chance to figure out who and who not to follow at Amiens!

To enter, choose the course distance you wish to run on Eventor. Approx distances are: Long (4.3 km), Short/Moderate (3.3 km) and Easy/Very Easy (1.1 km)

You will be given a "Team Formation" Form at around 9am on Sunday *at the event* which you then enter your two man team and submit by 9:15am.

If you do not wish to be in a team you can still run your course with a mass start for such competitors at approx 9:45am.

Teams can be mixed, young/old, handsome and not so handsome, however you wish to make them but you must be running the same course length. It is up to you whether you like running with family members or wish to run against them.

Also, as practise for the **AUS CHAMPS**, there will be a short **SI AIR** course around the park and tracks to try afterwards for anyone who has not used **SI AIR** (no cost).

This is especially important for school team members who will wish to ensure they know exactly how **SI AIR** works before participating in sprints and relays (no mispunches allowed!)

