

Hi everyone,

This Sunday's sprint series on a new map Holy Family Primary is going to be a bit of a change to give everyone a fun challenge and the chance to try a race format inspired by the head-to-head knockout sprints at WOC. Don't worry, no one's going to be knocked-out! but it will be a runner's choice race. This means the starting procedure will be a little bit different to usual. (Of course if you don't want to do the head to head format you can just start as normal)

Head to head Format:

The course is set so that part way through there are three distinct variations, A B C and before you start you'll have 30sec to choose which variation you will run (see the example below). Your head to head competitors will have had the same choice but you won't know which variation they've chosen. You might all have chosen the same or maybe not!

There is also a butterfly loop in the course because why not?



Starting Procedure:

Gather at the assembly area to the south west of the Fadden Pines carpark.

For the head to head format, you'll be starting in groups of 4 runners so line up at the start with three other people who you'd like to race. You'll each be shown three copies of a segment of the map. After 30sec, you'll need to indicate to us by pointing to A B or C and we'll give you the corresponding map and control description. Then punch the start and follow the taped route under the underpass to the start triangle.

When you finish, just walk back down to the assembly, watching out for runners in the underpass. Don't forget to download.

Patrick Miller

Parking

In the Fadden Pines car park

<https://goo.gl/maps/T46LHSpRumYDH7eF9>

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