The SKrunce Speed Trials - Guidelines.

- Each monthly Speed Trial will be available from the first Tuesday of the month until the following weekend. The first slot will run from 7th-12th July.
- The Speed Trial is an individual/solitary event. Any recorded times which suggest a group participation will NOT be valid in the results!
- Please do NOT gather in groups in the car park. Do your run on the hill keeping a safe distance from any other runners/walkers then leave.
- The route is as for the usual Skrunce but slightly extended to give a clear Start/Finish by touching the waymark post just above the car park. Run up path, two laps of hill, sprint back to the finish.

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- For those who are familiar with the course the only likely difficult part of the route is going from the lower path to the upper path - look for a row of three deciduous trees on the right some 200metres along the bottom road, path is immediately beyond them.
- Runs should be recorded on Strava, mapmyrun or garmin and then sent to SKrunce@gmail.com
- You participate at your risk and will not hold the landowners or originator responsible for any injury or loss.
- Depending on popularity I may introduce a scoring system.   *Ewen*