

TUHW Club Trail Champs

In 2018, Trentham United Harriers introduced its first Club Trail Run championships.

Course:

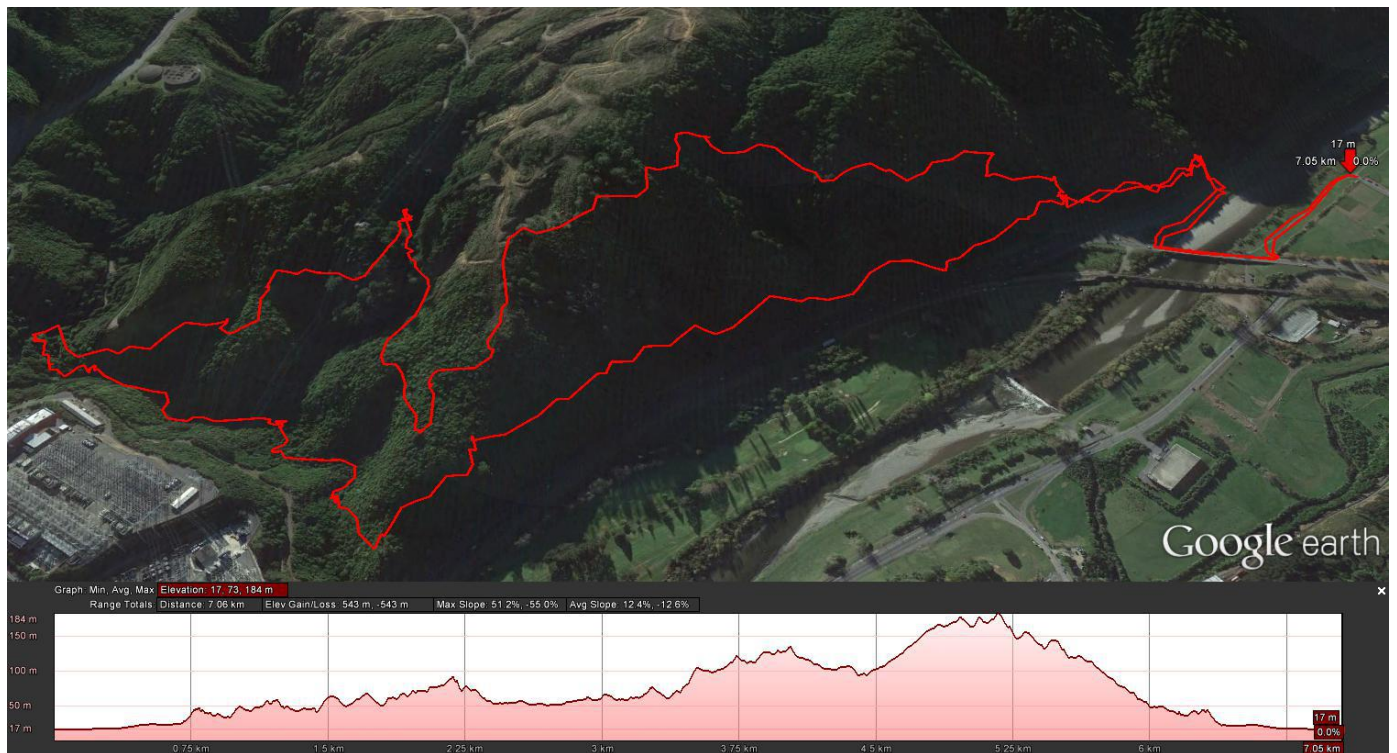
The course starts and ends from the end of County Lane near the Silverstream Bridge. It's 7km and has about 230m of climbing. It uses the extent of the Keith George Park (excluding the Keith George Loop – maybe in the future!) and takes in the upper track to 'Pine Tops'.

Below is the course and elevation, it is run clockwise. The track is in good condition and note there are a few shallow stream crossings. It is recommended that participants wear trail shoes however normal running shoes will be ok, just take it easy on the downhill sections.

Note 300m after the start runners cross the Silverstream Bridge. This is SINGLE FILE only, no overtaking. The course then heads for the tunnel under SH2 and onto the course proper where there are Blue ribbons on trees and White markings on the ground. As this is a trail run on tracks that are quite narrow (single file in places) please be courteous when passing.

The standard etiquette is to tell the runner in front of you when you wish to pass and wait for them to slow down before passing.

Hope you enjoy the race, feedback is welcome!



**Note: Course may be subject to change.*