

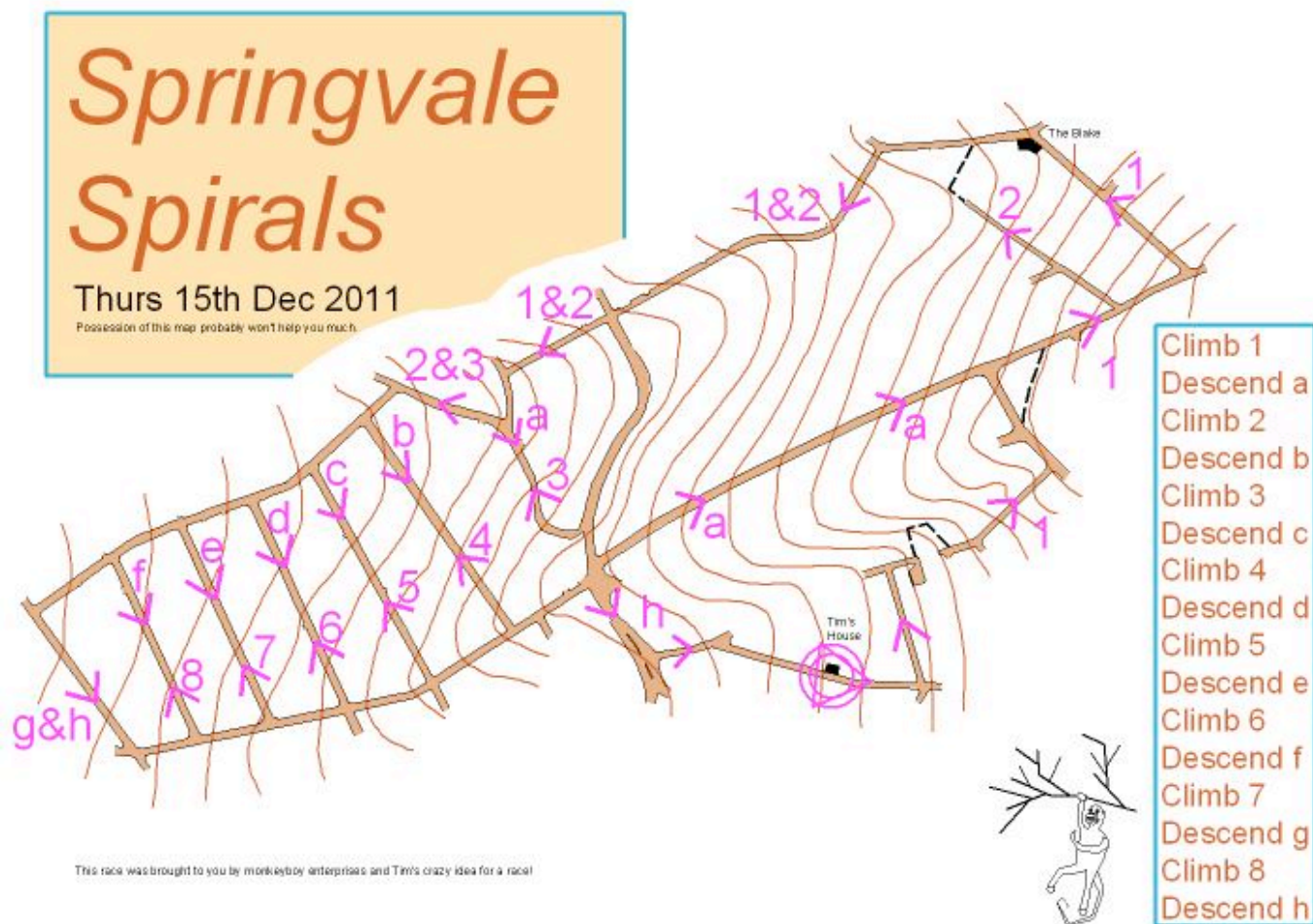
The Springvale Spirals

Thurs 15th December 2011

Final Details

The Race

I don't know how long it is but in 2006 (when I was 46) I ran it in just under 30 mins – this is the only recorded time on the course as everyone else just came for the BBQ that day. A map of the route is embedded below - maps will also be available on the night to use. There is only 1 course and it's a bit hilly! Apart from 70m on flat gravel path, all the rest is tarmac/pavement so road shoes are best. We will be using SI for timing so either **bring your own SI card** if you have one or if you don't have one you can borrow one on the night.



Starts: The race is NOT a mass start - you can start at any time between 6.45pm and 7.30pm – punch the SI start box and then the finish box at the end, print out your times, etc...

Records: Men – 29:54 Tim Tett, Aug 2006

Rules/Route: as per the map

Post Race Pizza

I have a load of 'buy one get one free' vouchers for Domino's Pizza (unless anyone has a better suggestion) – so the plan is to order your pizza before you run and then get them delivered for 8.30.

Pub Quiz & Beer Options

There is a pub quiz at the Closed Shop (just up the road) at 10pm and the Hallamshire opposite is a new Thornbridge pub – so plenty of beer options for post pizza.