

Solo Ed Burton 5 mile time trial - April 2020

We are introducing an extra version of the event, to be run solo. We will use Strava but don't worry if you don't have it – we trust you to submit honest race times and we will easily spot if they seem unlikely! Here are the details of how it will work.

1 For newer members, have a look at our club website under Members Information / Ed Burton Time Trial. Ed died in a road accident in 2010 and the series was renamed in his honour.

2 You must run the route on your own as we do not want to encourage groups of runners. The only exception to this is people who live in the same household.

3 The objective is to improve your time on this route as much as possible before the end of April. You can run it as often as you like. We will use a "base time" to measure the improvement. This will be your **best 5 mile time from 2019**, using Gavin Hall's results tables, or a new time established during March 2020.

4 You can set a new time if either

- a) you have been injured and your 2019 times are out of sight.
- b) you are running faster than last year and would like a more challenging target.
- c) you didn't run a 5 mile race in 2019.

5 Have a look at the table of the base times. Please let me know if there are any errors, including missing age categories. For this purpose, "Senior" = under 40. It doesn't matter if you are not on the list – just let me know if you want to enter. (There are some zero base times for those of you who didn't run a 5 mile in 2019 or weren't club members then.)

6 Have a look at the map of the route and the course instructions. I will put some spray markers at turnings on Saturday 21 March. You can also see the route if you follow me on Strava as I ran it on 17 March.

7 You can park (free) in the little car park on the right just before the level crossing.

8 So, off you go! Please submit your times to me by text / WhatsApp / email / Messenger to 07867 554146 / andrewghlane@gmail.com. About half our members are on Strava and this will be easiest but it is not essential. We know that you are all trustworthy people!

9 If you don't already have a base time, I will use your first run as the base time.

10 Please take care on the route, especially if it isn't familiar. We suggest you don't wear head phones on this route.

11 Guests are welcome, eg family members who are not WAC members.

12 We haven't yet decided whether to award any prizes but we will publish results week by week.

13 I hope you enjoy it! It is a new experience to race hard with no other runners around. Please contact me if you have any questions, or if the instructions are unclear.

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