

WAKEFIELD TRIATHLON CLUB

THE 3rd WAKEFIELD TRIATHLON CLUB WINTER SERIES 2011/12

Your best 8 out of 16 events to count, 50 points for 1st, 49 points for 2nd etc, for M/F - Snr/V40/V50/SuperVet Categories.

Round	Date/Time	Event	Venue	Details
1	Wed 5th – Wed 19th inclusive	Swim TT 1 – 500m	Any pool	Do as many times as you want, wherever you want, and post your fastest time – no cheating
2	Sun 16th Oct Vet/female:12:30 pm (40 mins) Senior race: 1:45 pm (1 hour)	Cyclocross	Huddersfield New College	Basically, you pedal like a lunatic until someone tells you to stop. Go to www.yorkshircyclocross.org.uk for more details. You don't need a Cross bike – an MTB will do but probably not your pristine TT bike
3	Sun 6th Nov, 10.30 a.m	Cop Hill trail race	Meltham Community Centre, HD9 5QT	A 2 lap trail race over 6 miles with 900' of climbing. £4 pre- enter on the day only. Showers/scrub/bar post race. Website: www.melthamac.com
4	Wed 9th – Wed 23rd Nov inclusive	Swim TT 2 - 800m	Any pool	Post your fastest time within the time period at the venue of your choice – open water not recommended. I said no cheating!!
5	Sat 26th Nov	Silkstone Shuffle Trail Race	Silkstone (behind the Petrol station in the village off the A628)	4.25m from the Cricket Pavillion. £4 entry on the day. Jnr race starts at 9.45am. Go to www.barnsleyharriers.org.uk . A very popular regular event in the series
6	Sat 3rd Dec, 10 am early start	Silverwood Cross Country	Silverwood Scout Campsite, off A628, Silkstone	Special invitation to the Club from Barnsley Harriers – not open to the public. 3 laps for chaps and 2 for ladies but it's the finish order that counts so the ladies have a 1 lap advantage! About 45 mins depending on mud consistency. £2 enter on the day..
7	Sun 18th Dec Vet/female race starts 12.30 pm (40 mins duration). Senior race 1.45 pm (1 hr duration) - £10 entry on the day	Cyclocross	Thornes Park, Wakefield WF2 8QE	Our very own Club event organised by Andy Blanshard so helpers needed. Youth race at 11.00 a.m. (30 mins duration -£5.00); U12 races from 11.45 (15 mins duration -£1.00). Note you can only claim points if you also help out on the day. Bonus points will be available in the series for helpers who are non participants. See our Cyclo-Cross page for more detail.
8	Sun 8th NOW Sat Jan 7th, 8 a.m. (dawn)	Mickledon Straddle Recce	Meet at Langsett Top Car Park just off the Flouch roundabout on A616 near Penistone. Not at the Langsett Barn car park.	NO POINTS - about 12 miles and it will take at least 3 hours with plenty of walking cos it's a recce! Run as a group. Rough under foot but stunning scenery so trail shoes are fine and note Dave Senior even wore high heels at the recce last year.

9	Wed 5th – Sat 21st Jan inclusive	Swim TT 3 – 500m	Any pool	To check on improvement. Choose your venue and post your fastest time within the time period. Honesty is the best policy - no cheating!!
10	Sun 29th Jan from 11am	Handicap Trail Race	Pugney's Country Park	10k ish around Pugney's Lake – 4 laps. £2 entry with all funds going to the Junior Club. All bribes re handicap times accepted. Pub/café gathering post event. Bring the kids who can run in a relay team with the Juniors.
11	Sun 5th Feb, 10.30 am.	Mickledon Straddle Fell Race	From Langsett Barn on A616 near Penistone. (GR 211005).	The series long 'un. 13.8m/1980' climbing. £4.50 pre-entry or £5 on the day! Limit of 200 runners. Full waterproof body cover, map (I'll provide), compass, whistle in bum bag/back pack needed. Website: denbydaletravellers.org.uk . Price includes as many sarnies/cake/tea that you can consume. Wanna get toughened up for the summer? – well, this is the place to start. Marshalled and easy to follow route.
12	Sun 26th Feb, 11 am	Huddersfield 10K Road Race	From Huddersfield RUFC, Lockwood Park, Huddersfield, HD4 6EN	PRE-ENTRY ONLY- it fills up. £8.50 (£10.50 unattached). Go to huddersfieldroadrunners.co.uk . Great turn out in past years.
13	Sun 4th Mar, 11:30 am (registration from 11 am)	Cycling event: Hill Climb	From Millhouse Green near Penistone – route will go up to Royd Moor	Registration at the Huntsman PH from 11 am (136 manchester Road, Thurstone S36 9QW) – short ride to the start of 5 mins of torture. Re-convene in boozier afterwards. £1 entry fee – all fees to Junior Club
14	Sun 11th Mar, 11 am	Ian Roberts Fell Race	From Marsden Cricket Club (GR046106)	5.9m/900' climbing £4 enter on day only. Go to www.holmfirthharriers.com . Fully marked course but you still have to carry full body cover, map of course, whistle, compass
15	Mon 26th Mar, 6.50pm	Trunce 1	From Oxspring Playing fields nr Penistone (GR272012)	4.25m/550' climbing from Oxspring. £1.20 enter on day only plus Jnr race. Go to the Trunce website . Probably the best race of any kind in the world.
16	Sat 31st March	Silkstone Shuffle (Trail race)	Silkstone (behind the Petrol station in the village off the A628)	Has the winter training improved your previous time? Details as above.
17	Sun 15th April, 9 am	Wakefield Hospice City 10 km (Road race)	Clarence Park, Wakefield.	Clarence Park. Online entry available. £13 or £15 unaffiliated. Fun run also - £4 for U18 or £6 over 18. See Wakefield Hospice Website for more info.