

# COLEBROOKE Half Mile Mauler



The Colebrooke Half Mile Mauler is a unique event offering something different to those that like fun and a challenge. You will need speed, stamina, and a good recovery rate. Alternatively, a sense of humour and determination to last the distance is all you require. It is designed as a fun event but there are medals for all participants and trophies for those wanting to compete.

The event will start at 14:15 hrs on Sunday 10 May 2020 at the Triumphal Arch in Colebrooke Park. You have 10 minutes to run 1.2 kilometres on private roads which is designed for you to warm up and stretch those muscles, because you will need it! This will take you to Colebrooke House and to the start of the half mile circuit. The circuit involves a river crossing twice, with obstacles named Swamp or Swim, Deer's Leap, Swallow's Swoop, Tyred or Tired, Lizard Crawl and the Treemendous Hurdle.

When the first runner completes each circuit, one minute will elapse before runners set off on the next circuit. After the first runner completes the fifth and final circuit, another minute will elapse before setting off on the final 1.3 kilometres to the finish. Total distance covered is 6.5 kilometres. And for all you competitive runners, places will be determined by the fastest time recorded over the finish line using a gun time at the start.

Now comes the serious bit. The river crossing has a flat concrete surface under the water and so there is little risk of twisting an ankle. If the river is more than 45 cms deep, an alternative half mile route will be taken which will include the same obstacles although



we may introduce another water obstacle for your entertainment. Apart from that, you will get wet and dirty. If we have planned the event correctly, you will feel as if you have been mauled! Entries are limited and can only be booked at [www.athleticsni/fixtures](http://www.athleticsni/fixtures) or scan this code. See [nwmrt.org](http://nwmrt.org) for event rules. Good luck!