

# “RaceKit Workshop in Multi-Day Events”



Amanda and Andrew Heading ([www.Racekit.co.uk](http://www.Racekit.co.uk)) have competed in many Multi-day events such as Marathon Des Sables, Trans Alp, Yukon Ultra, Iditasport Impossible and Atacama Desert Race. They will talk us through the training and preparation for and competing in these Multi Day Events.

This will be followed by Q/A's then food.

The remainder of the evening will be a presentation by Nicky Spinks and Charmian Heaton on the Dragon's Belly (<http://www.dragonsbelly.co.uk>) talking about route, support, accommodation, kit etc

**Date: Friday 22<sup>nd</sup> March**

**Time: 7pm**

**Where: Woodhead Mountain Rescue HQ,  
Bedding Edge Rd, Hepworth, HD9 1TP**

**Cost: £5 on the door includes food.**