



Stratford-upon-Avon Athletic Club
Cotswold Hilly 100 Relay Race



Instructions

Start

From the Fountain Clock in Rother Street, Stratford-upon-Avon.

Start Times

On the hour at 5am, 6am or 7am. Teams must start at the time on the entry form sent in by the team captain.

Club Colours

Must be worn with your race number pinned on the front.

Running Numbers

The last runner in each team **MUST** wear the number allocated to that runner (see separate sheet) in order to assist the timekeepers at the finish.

Route

The course is marked with direction signs (small yellow arrow and yellow 100 on a black background) on road signs, lamp posts etc. However, these have been in situ for several years and may have been interfered with so therefore each runner should study the map and route directions given to them. It is each runner's own responsibility to travel the correct route.

Changeover Points

These are every ten miles and marked on the road with the distance covered from the start ie 10 miles to 90 miles. **Don't park vehicles at these areas and keep the road clear for the runners.** Also, please be aware that other people and members of the public will also be using the public highway.

Race Baton

Must be carried in the hand and handed over to the next runner at the changeover point.

Marshals

Stratford-upon-Avon AC members have the power of race marshals. If they ask you to move a car, or make any similar request, please co-operate, or risk disqualification.

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Transport Around the Course

Teams can use transport to carry the whole team around the course. More usually, individuals on consecutive legs make arrangements to share eg runner No. 2 drives runner No. 1 to the start of a particular leg, then drives to the end of that leg and waits for No. 1 to finish and hand over the baton. No. 1 then drives to the end of the next leg and waits for No. 2 to arrive. Having both run they join up to travel back.

Team Captains

Are responsible for making sure that each team member has a **copy of the race rules, a copy of these instructions, a map and a copy of the instructions for the leg being run.** They must also organise the collection of the time for each leg and enter all the information on the results board at the finish area.

Do not fill in your team's overall time. The timekeepers will record and enter your official overall time.

Presentations

Will take place at approximately **7.00pm** in the club house at the **Sports Club, Swan's Nest Lane, Stratford-upon-Avon**. The trophies will be presented to the winning teams and mementos to all runners. To keep costs down for this charity race, these are not marked with the year.

SUMMARY

- ◆ Make sure each runner reads the rules and is aware that he/she runs at his/her own risk
- ◆ Remember to fill in your team's times on the large results chart at the finish area.
- ◆ The total time for each team will be entered on the chart by the official timekeeper.
- ◆ Please organise extra photocopying if you do not have enough instructions or maps.