



# Stratford-upon-Avon Athletic Club

## Cotswold Hilly 100 Relay Race

### Competition Rules

1. All runners must be members of the club they represent, and wear club colours with the race number pinned securely and visibly on the front.
2. There are 3 events – an ‘A’ (or main) race, a ‘B’ race and a Ladies Race, for which each runner will receive a race memento.
3. Start Times are 5am, 6am or 7am. The ‘A’ (main) race start is at 7am. Teams in the ‘B’ and Ladies’ Races should choose a start time with the aim of completing the event by approximately 6pm the same day.
4.
  - (a) To qualify for the race trophies, teams must have no more than 10 runners, each normally running one leg only. Teams with more than 10 runners will not be eligible for the team trophies.
  - (b) A runner may only run two legs, and no more, **which must be consecutive**, if the next team member does not turn up, or is otherwise ill, injured or incapacitated in such a way as to be unable to take part. The team will still be eligible for the team trophies.
  - (c) A runner who misses the start of his/her leg may take over part way into the leg provided that this occurs before the approximate half-way point of the leg. The team will still be eligible for the team trophies.
5. The Race Organiser must be notified of any infringements of Rule 4 by the runner(s) concerned and/or the team captain **before the results are declared at the presentation** to ensure the trophies are awarded correctly.
6. Race Baton must be carried in the hand with nothing attached eg string, velcro, glue etc. and handed over to the next runner at the changeover point (except where rule 4(c) has been applied).
7. If a runner goes the wrong way, he/she must return to the point on the course where they left it to avoid short cuts.
8. Recording the time for each leg is the responsibility of the team captain. The total time for each team will be recorded by the official timekeepers.
9. In the interests of both personal and road safety, cyclists may accompany runners provided that they do not provide any help by means of pacing and/or drafting protection. Therefore, a cyclist should remain **BEHIND** the runner if staying with him/her, or cycle ahead to stop and wait in stages.
10. All Stratford-on-Avon AC members have the power of race marshals. If they ask you to do anything that will help the smooth running of the race, please co-operate.
11. If any runner feels that he/she has been obstructed on the course by a runner or vehicle from another team, he/she can make an objection to the Referee. If upheld, the offending team risk disqualification.
12. Disputes will be dealt with as soon as possible after the race.

#### THE REFEREE’S DECISION IS FINAL.

**The race is not run under UK Athletic rules, and does not have a road race permit.**

**ALL RUNNERS RUN ENTIRELY AT THEIR OWN RISK AND BY TAKING PART CAN MAKE NO CLAIM AGAINST STRATFORD-UPON-AVON AC OR ANY OF ITS MEMBERS.**