

ERME VALLEY RELAYS - FRIDAY 6th JULY 2018 – RACE INSTRUCTIONS

Thank you for your team's entry to the Erme Valley Relays. The race will be run under UK Athletics rules. All runners must be registered on the declaration sheet and if there is any alteration to the running order, then please inform the entry coordinator on the evening prior to start. The first leg runner will wear A, the second B and so on. **Please collect your race numbers on the night.**

N.B Club vests must be worn to qualify for team awards. (Except non-running club teams)

START TIME

7.00 pm PROMPT - A warning will be given 5 minutes prior to that time.

CHANGING/TOILETS

Changing room, toilets and showers are available at the Ivybridge Rugby Club, Cross in Hand. This is where the race starts and finishes.

CAR PARKING

Car Parking is available in the Station Car Park. Please do not try and park in the Rugby Club as this is for officials only and must be kept clear for the race finish.

LATE ENTRIES/PROBLEM DESK

Late entries will be taken on the day in the bar of the Rugby Club. If you wish to change any details on your entry please inform the entry coordinator. **DO NOT ALLOW ANY TEAM MEMBER TO RUN WITH SOMEONE ELSE'S NUMBER WITHOUT CHANGING THE DETAILS. THIS CAN CAUSE MAJOR PROBLEMS AND DISQUALIFICATION.**

ROUTE

The route is the same as used for a number of years. The start will be in the Rugby Club car park. The route turns left down Godwell Lane and then turns left again towards Filham Park (right turn under bridge) the route then goes uphill until the 1 mile point. Here the route turns right then very quickly left along a very small lane before rejoining the more major road at Peek Mill. The route then turns left uphill, then over the A38 (2 mile point). The final 0.5 mile is flat towards the finish. Take Care as there is a tight left turn into the Rugby Club Car Park and change over/finish.

The route has been measured approximately as 2.5 miles each mile will be marked. The course will be marshaled. Please obey Marshals instructions as to which side of the road you should run on and be aware of traffic. Cross roads only when directed.

CHANGE OVER/FINISH

At the changeover your team number must be visible and you must wear a vest or T Shirt. Failure to do this will lead to disqualification. The official timekeeper will record your leg time. Please do not changeover until instructed to do so by the Race Referee as you may be disqualified.

FIRST AID/MEDICAL PROVISION MET Services will provide this.

PRIZEGIVING

This will take place as soon as possible after the race in the Rugby Club Bar. Prizes for the following team categories:

1st 3 Senior Men teams, 1st 3 Senior Ladies teams, 1st Vet 40 Men team, 1st Vet 50 Men team, 1st Vet 60 Men team, 1st Vet 35 Ladies team, 1st Vet 45 Ladies, 1st Vet 55 Ladies team, 1st U-18 Boys team, 1st U-18 Girls Team, 1st Non Running Club team, Fastest leg Male and Female

RESULTS

Provisional results will be available on the day and will be posted on the website **www.ernevalleyharriers.co.uk**

Finally may I thank you on behalf of Erme Valley Harriers for taking part and hope your team has an enjoyable evening.