

# ROUND LEICESTER RELAY

## RACE RULES

### GENERAL

- ? Even on those legs defined as having a free choice of route participants (runners and support) must at all times follow legally defined rights of way. It is particularly important on the few cross-country sections and especially on leg 11 where access has become an issue. Any failure to do this will result in the disqualification of the whole team.
- ? Runners and their clubs are totally responsible for their own safety and security. You are asked to pay particular attention to the various road crossings involved.
- ? Every team must ensure that hand overs occur at the defined points. On those legs where there is a free choice of route, runners must visit the defined checkpoints, which will be marshalled.
- ? All runners must be over the age of 17 on the day.
- ? Second claim runners will be accepted under the normal rules but can compete for one team only.
- ? Supporters must act sensibly when following the race. No form of pacing is allowed and race followers should not drive around the course with their runners.
- ? Escorting female runners if required will be allowed, providing the escorting runner remains at least 20 metres behind the runner.

### TEAM COMPETITIONS

**MENS EVENT** – Teams to consist of 13 separately declared men runners.

**WOMENS EVENT** – Team to consist of 13 separately declared women runners.

**MIXED TEAM EVENT** – Mixed teams to consist of a minimum of 5 men or 5 women.

**NON-COMPETITIVE TEAMS/“ODDS AND SODS”** – In keeping with the spirit of the race and to keep it open to as many entrants as possible, non-competitive teams or “odds and sods” teams are welcome to enter. Runners in these teams will be allowed to double up and Clubs may amalgamate to form teams and run anyone who can make up a team. **Note - These teams will appear in the results but will not however be eligible for prizes.**

**SUBSTITUTE RUNNER** – We will allow one substitute runner per team. This must be declared as soon as possible to a race official. The substitute must be an undeclared runner, and must not be taken from any other team.

**RESTART TIMES** – There will be four restarts and it is essential that team managers have their runners in place in good time. The restarts will take place shortly after the first few teams have gone through at:

Start of leg D at Somerby	approximately 10.45am
Start of leg H at Peatling crossroads	approximately 1.30pm
Start of leg K at Market Bosworth crossroads	approximately 3.45pm
Start of leg M at Beacon Hill	approximately 5.00pm

Teams, in race order, must be declared in full by 8.15am on the morning of the race and all runners must wear the correct letter on the front of their vests.

**RUNNERS DROPPING OUT** – A team may continue in the race having had a runner drop out due to injury etc, the runner on the leg will be given the slowest recorded time for the leg PLUS ONE SECOND. The runner on the following leg will start with the last runner except of course on a re-start leg.

## **MAPS**

In addition to reconnaissance all runners are advised to examine a map of their leg. The route is covered by Ordnance Survey Landranger 1:50,000 maps (sheet 140, Leicester and Coventry – sheet 129 Nottingham and sheet 141 Kettering and Corby). In the notes we have added rough O/S grid reference to the change over points.

## **CARS AND FOLLOWERS**

The race takes place on a busy Sunday so if the weather is fine traffic may be heavy. We ask all teams to try and share transport around the course and to avoid obvious traffic “black spots”.

Near the start and finish, Thurcaston Lane and Greengate Lane are blocked to traffic, cars have to turn through the estate to the west.

Under no circumstances should cars attempt to follow the gated road on the suggested route on leg 3. Instead continue on the main road to Twyford then follow signs for either Thorpe Satchville or Somerby.

Congestion can be severe at the hand over points, especially where there is a restart. At such places, please park off the road and take care not to annoy local residents by blocking gates and driveways.

## **PARKING AT THE START/FINISH**

So as not to upset the residents of Bewcastle Grove, there will be NO PARKING in the street. The car park at the rear of the school will be opened.

**ENJOY THE EVENT AND JOIN US IN THE TUDOR  
CENTRE AFTERWARDS FOR THE PRESENTATIONS  
AND A WELL-EARNED DRINK!!**