

Hereward Relay

Race Rules

General Rules

1. The Hereward Relay is a 4 leg relay from Peterborough to Ely with handovers at Whittlesey, March and Welney. The overall distance covered is 38+ miles and the race is licensed by UKA. The event will be run under the UKA Rules of Competition.
2. March AC hosts the event and will provide the Race Director (who will also be the director of the Hereward Ultra if that is run on the same day and on the same course).
3. A UKA Race Adjudicator will be appointed.
4. The start will be at Cathedral Square, Peterborough and the finish at Ely FC Football Ground, Ely unless Welney Wash is flooded then the 4th leg runners will run the 3rd leg in reverse i.e. back to March. (1st Leg runners must register with the Race Director prior to the start of the race)
5. The race is limited to 100 teams.
6. Race entries will be on a 'first come first served' basis.
7. No entries on the day are allowed.
8. The race will start at 9.00 hrs on the fourth Sunday in Nov. 23rd Nov for 2014.
9. All proceeds from the event will go to March AC.
10. It is the responsibility of each runner to ensure they are aware of the event rules.
11. Leg 4 runners still awaiting their Leg 3 runner to arrive at Welney by 1:30pm will all leave together and their team times will be adjusted.
12. In the event of any dispute the Race Adjudicator's decision is final.
13. If for any reason the route or travelling conditions are deemed dangerous or parts of the course are flooded March AC has the right to rearrange the date of the race. No refunds will be given. Credit notes for the following year's race will be given if a team is unable to run on the alternative date

Safety Rules

1. The organisers and representatives take no responsibility for any injury, damage or loss that occurs during the race. Runners are advised to confirm their fitness to compete and if uncertain consult their G.P.
2. Road sections of the race will require adherence to usual codes of conduct, making use of footpaths where available and running on the left hand side of the road where no path exists, unless instructed otherwise by a marshal or signage.
3. Marshals are provided along the route but runners should read the race direction documents issued and familiarise themselves with the course.
4. Marshals will wear hi-viz tabards.

5. Marshals' instructions must be obeyed at all times and failure to observe safety instructions may result in disqualification.
6. **It is the runner's responsibility to ensure it is safe to cross public highways and the Marshal is only present to assist. Traffic has the right of way on the public highway at all times.**
7. The wearing of MP3 players, IPODs (or similar audio equipment) is strictly prohibited.
8. Medical support will be provided by St John Ambulance and will be on course. Roving Marshalls will provide the communications link back to Medical Support along the route.
9. In the event of a runner requiring medical attention or help, Marshals will be able to communicate with the medical support for the event. The primary duty is on the runner to make himself/herself known to the nearest Marshal but any runner coming across another runner in distress must assist in whatever way they can.
10. Water stations will be provided at, or near, each of the Relay handover points at Whittlesey, March and Welney and at the finish. Runners on the longer legs are recommended to run with additional water if the weather is warm.

Facilities

1. Changing facilities and toilets are provided at Whittlesey, Welney and the finish. Public toilets are close to the March handover point.
2. Refreshments will be available to be purchased at March (in the town and at nearby pubs), Welney and the finish.
3. The March handover point is close to the town centre with pubs and shops close by.

Prizes

Prizes for the first 3 Three Teams and the First Two all Ladies Teams

Individual prizes to 1st Man, 1st Vet Man, 1st Lady and 1st Vet Lady in each stage.

A Horse brass is given to all finishers as they finish their leg.

Eligibility

1. All runners must be 17 or over on race day. Runners aged 15 – 16 may run on the short first leg.

Results

1. Results will be posted on the March AC website www.marchathleticclub.co.uk as soon as practicable after the event.

Individual Rules

1. Numbers must be worn on the front of vests.
2. 1st Leg runners must log in with the Race Director prior to the start of the race.
3. Pacing is strictly prohibited and may lead to disqualification.
4. Any runner dropping out must report back to the Race Director or a Relay Stage Manager.
5. It is recommended that runners carry a mobile phone that they can use to contact the race officials should they encounter any difficulty.

END