

# **Hartley Relays 2023**

**Sunday 15<sup>th</sup> October**

**Cochrane Park, Alva**

**Hosting: Wee County Harriers**

## **Event Details**

**Location: Cochrane Park, West Stirling Street, Alva, FK12 5LJ.**

**Parking:** There is limited parking within the grounds of Cochrane Park and you will be directed by our car park attendants, please car share where possible, once the car park is full our attendants will direct you to our alternative car parking but this is still very close to the event location, a couple of minutes walk.

**Registration:** This will take place within Cochrane Park Hall, there will be plenty marshals on duty to direct you. Only the team captains need to attend registration and they will be presented with race numbers and timing sheets. At this point please confirm to the Recording Team how many teams you have taking part, the team make up i.e. Senior Male, Female or Mixed, Junior U14 or U18, and the team names. Each team will be allocated a team number and 5 bibs marked with the number and a letter A-E to denote running order, team members should run in the order that they are recorded on the timing sheet e.g. Leg 1 Letter A, Leg 2 Letter B and so on until the first 5 legs have been completed and then members should repeat that order for their second leg. If you require any clarity, please speak to a member of the Race Team. Payment for participation will also be taken at registration, the cost will be £3 per senior runner or £15 per team, Junior teams are not required to make any payment for participation.

**Course:** The course has been contained within the grounds of Cochrane Park it is a one mile course and will be fully marked out and marshalled. As the course is fully contained within the park there will be ample opportunity for supporters and fellow team mates to offer support and encouragement. One point to note though is that Cochrane Park is a public park and we do not have exclusive use of the park and there may be members of the public using the park during the event, we will have marshals on duty at park entrance points advising members of the public about the event but please make your runners aware that they may encounter pedestrians while they are running and to use proper etiquette. The course itself is a mixture of tarmac and grass, please be aware that if there is rain on the day or on the lead up to the event some of the grassy areas could be muddy and slippery, runners may opt to run in trail trainers if they prefer.

**Gazebos and Shelters:** We have received permission to set up Gazebos or Shelters in the space between the Cochrane Park Hall and the Start/Finish line, if you wish to set up a Gazebo or Shelter please let the car park attendant know that you have brought one to set up and they will direct you to the temporary parking area to unload and then you will be directed to alternative parking. At the end of the event you may return to the temporary parking area to pack up your equipment.

**Toilets:** There is a toilet block within the car park area of Cochrane Park which will be open to both Male and Female competitors, there will also be toilets available with Cochrane Hall but for the duration of the event all toilets within the hall will be only available to female competitors, please

advise any male competitors or supporters to only use the toilet block. There are no changing facilities available so all runners should come ready to run.

**Race Rules:** No runner may run more than their 2 legs, they must not run for more than one team, if there are any incomplete teams on the day please speak to the Race Team who will attempt to supply you with a replacement runner. As previously stated runners must run in the order that they are placed within their team. Relay handovers will be at the Start/Finish line and the Race Director will issue full handover instructions as part of the race briefing.

**Team Make Up:** Senior teams will fall into one of 3 categories, Male, Female or Mixed. The mixed teams must comprise of 2 males and 2 females + 1 other either male or female, any team that doesn't have that make up will be placed into the team category that predominantly makes up the team e.g. 4 males and 1 female will be regarded as a male team and vice versa. Junior teams are Under14 and Under18 these teams can take any format and will all be regarded as mixed teams irrespective of the team make up. Under14 teams must be 13 and under, Under 18 teams must be 17 and under.

**Timing:** Each team will record their own results on the timing sheet provided at registration. Recorded on the sheet should be Club Name, Team Name, Category, Team Number and Runners Names, as each runner completes their leg their time and the team running total should be recorded and on completion of the team run the fastest runners male/female should also be recorded, a mixed team should record both their fastest male and female runners. Once teams are finished they should hand their completed sheet to the Recording Team who will verify the results.

**Equipment:** Although we will provide timing sheets and we will have a timing clock teams will be required to have a method of recording individual times either a running watch, stopwatch or running app, teams will also be required to provide their own clipboards, pens and safety pins, as well as water/drinks, they should also bring warm/waterproof clothing to wear when they are not running as we all know the weather in October can be changeable.

**Post Race Buffet and Prize Giving:** A buffet will be served in Cochrane Park Hall once the event is finished and prize giving will also take place within the hall. It is likely that the prize giving will commence at approx. 12:15 The hall will be cleared at 13:00. There will also be an opportunity for club delegates to hold a brief meeting at approx. 12:30 to review the event and handover to next hosting club.

**Schedule:**

**Car Parking from 08:00**  
**Registration opens 08:30**  
**Race Briefing 09:50**  
**Race Start 10:00**  
**Buffet 11:30 approx.**  
**Prize Giving 12:15 approx.**  
**Post race meeting 12:30**  
**Hall closure 13:00**

Communication, please direct any questions about the event through the Facebook page or by email to [secretary@weecountyharriers.co.uk](mailto:secretary@weecountyharriers.co.uk)