



SHREWSBURY ATHLETIC CLUB

Shropshire Eastridge Trail Half Relay Challenge

***** The Eastridge Relay Challenge is for teams of 3 runners using the same route as the Eastridge Trail Half. *****

(3 legs covering 13.1 miles, 2,569 feet of ascent)

A race under UKA Rules. Licence applied for

Dogs are not allowed to accompany runners and runners should not wear headphones.

Information for competitors

Date. Saturday 8th July 2017

Start time. 10.30am – also see below for registration closing times

Venue. Snailbeach Village Hall, Snailbeach, Minsterley, Shrewsbury. SY5 0NX

The Race Organisers wish to thank the following for their generous sponsorship:

- David Davies & Co, Minsterley
- Muller Dairy, Market Drayton
- Three Tuns Brewery, Bishops Castle
- Cotswold Outdoor, Shrewsbury
- Rybrook BMW, Shrewsbury
- Montgomeryshire Natural Springwater Company, Churchstoke
- Tesco
- Sainsbury's

Camping – Using the area next to the car parking. £7 per tent. To book a pitch contact Graham Parton. 07880512618. eastridgetrailhalf@hotmail.co.uk

Entry fees.

Eastridge Relay Challenge

In advance - £20 per team. Postal entries only. Closing date for receipt – Wednesday 21st June 2017.

Entry on the day - £25 per team. Only available if the race limit of 100 teams has not been reached.

Check the website (see below) or contact Graham Parton before travelling.

T-shirts

The first 10 teams will receive a free T-shirt. Other entrants will be able to purchase cotton or technical T-shirts direct from the supplier at <http://www.printmeashirt.com/>

Minimum age. 17 years on the day of the race.

Time limits apply to this race.

Please do not enter this race if your team is not capable of completing the course in 3 hrs 30 mins.

There is a cut-off point at the end of the 1st leg (at 5.28 miles, 1,073ft ascent). Teams that have not reached this point within 1hr 20 mins after the start will be withdrawn from the race. There is a further cut-off point at the end of the 2nd leg (Leg 2 is 4.69 miles long, 1,148ft ascent). Teams that

have not reached this point within 2 hrs 30 mins after the start will be withdrawn from the race. There is a short walk back to the Race Registration.

Medical fitness to compete.

The Team Manager is required to sign the following declaration when entering the team. Please do not enter any runners for this race unless they are medically fit to compete. It is the responsibility of the Team Manager to ensure that all team members are fit to compete and that they understand the declaration on medical fitness to compete.

'I declare that I will abide by the laws and rules of UK Athletics. No member of the team is under the minimum age to compete in this event. I accept that neither the race director nor any persons involved in the organisation of the event will be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event, however such may be caused. I declare that I will ensure that no member of the team will compete in this race unless in good health on the day of the race and that in any event, they understand that they compete at their own risk. Advice on preparing for an endurance running event can be found on the Runners' Medical Resource website at www.runnersmedicalresource.com '

Medical provision.

To UKA standards - providing First Aid for any injured participant or spectator.

Contact details.

For race and course details. Graham Parton. 07880512618. eastridgetrailhalf@hotmail.co.uk

For race entries. Andy Lewis. 07943391110. andylewis1955@btinternet.com (up to 21st June, after that date contact Graham Parton)

Website. www.shrewsburyac.org.uk or <http://shropshirerunnersnetwork.blogspot.co.uk/>

How to get there.

From the north. Head for the A5 Shrewsbury bypass from either east or west and take the A488 (Bishops Castle). At Minsterley turn left at the roundabout (A488) and after 2 miles look for a bus shelter on the right. Turn Left just after this along a minor road signposted Snailbeach. Follow this up the hill. Until you see the marshals and signs for the race car park.

From the south.

Head for Bishops Castle and take the A488 north (Shrewsbury). Follow the A488 until you descend a steep wooded hill. A mile after this look for a bus shelter on the left. Turn Right just before this along a minor road signposted Snailbeach. Follow this up the hill. Until you see the marshalls and signs for the race car park.

Car parking.

This is at Snailbeach football club. All vehicles are parked at the owner's risk. Allow up to 7 minutes to walk to Registration. There is no parking for competitors anywhere else in the village. Please respect this requirement. For your safety please follow the signs from the car park to Registration.

If you are only dropping off a runner and not staying, there is a 'drop-off' point at the Event HQ and Registration.

Event HQ and Registration.

Snailbeach Village Hall. TORQ fitness and Cotswold Outdoor will be present.

Registration, team declaration and race numbers.

Registration is at Snailbeach Village Hall approximately 7 minutes walk from the car park.

Registration opens at 8.30am and closes at 10.00am.

Team members are to be declared in advance but can be changed on the day. Download the Team Declaration form in advance from the Race Website or complete the form available at Registration. Race numbers have to be collected from Registration on the day. This is an important safety feature – it means that we know who is competing on the day. Each team member should provide emergency contact and medical information in the form required on the back of their number. Each team will be issued with one wrist band with a number corresponding to their race number. The 2nd leg runner must deposit this wristband in one of the buckets at Shepherds Rock. This is another important safety feature – it helps the race organiser account for all the runners that have reached that point.

All runners must wear the race number provided securely pinned to the front of the vest/T-shirt, numbers are not to be cut, folded or mutilated.

Safety pins will be supplied if you don't bring your own.

Changing rooms and showers.

There will be limited shower facilities available at the football club (adjacent to the car parking).

Toilets.

At Snailbeach Village hall, public toilets adjacent to the hall and at the car parking area.

Baggage.

There is a room at the village hall where bags can be left. This is not a secure facility and any items left there will be at the owners risk.

Refreshments.

Will be available in the Village Hall before, during and after the race. There's also a good play area adjacent to the Hall and plenty of space for picnics.

Start, Finish and Relay Changeover point.

The Start is approximately 400m and the Finish 200m from Registration. The relay changeover point uses a common location. This is 1 km uphill from Registration, (800m uphill from the Finish area).

Race route.

The Relay Challenge uses the same course as the Eastridge Trail Half. There are 3 legs with a common changeover point 1km, 100m ascent (signposted) from the Registration/Event Centre. This multi terrain course is predominantly over Forestry Commission land with some open hillside and a short section over private farmland. A map will be available to view at Registration. Leg 1 is 5.28 miles with 1,073 ft ascent and 758 ft of descent, leg 2 – 4.69 miles, 1,148ft ascent and descent, leg 3 - 3 miles, 348ft ascent, 663ft descent. There are short sections of unclassified road otherwise the route is on forest tracks and paths. There are plenty of tripping hazards – you will need to be alert at all times during the race. The course will be marked and have Marshals at key points.

A lot of the race route is on Forestry Commission land. It is a condition of the race licence that all competitors and spectators abide by the following:

- no smoking or lighting of fires
- all gates to be left in the position found
- all reasonable care to be taken to avoid disturbance of wild fauna and flora and agricultural livestock
- competitors and spectators to comply with any instructions issued by race organisers, the forest management director or their authorised representative

As part of the race route is over private land and only available for use on the race day we cannot

provide a complete map of the course.

Water stations.

There will be water stations on the route and water at the finish. Please check the map at Registration before the race.

Retiring from the race – relay teams

Once you have collected the team numbers it is expected that the team will complete the course and the 3rd leg runner pass through the finish funnel. If you find for any reason that the team cannot complete the race you **must** report to the finish marshals. This is an important safety feature – we need to know that all runners are accounted for at the end of the race. It is the responsibility of the team manager to comply with this requirement. We don't want to be searching for runners in the woods or on the open hill who's team has retired from the race and gone home without letting us know.

Race prizes and awards.

1st, 2nd & 3rd relay team.

BMW Rybrook Corporate Challenge Trophy for the 1st company team (all team members must be employed by the company).

Prize giving

At Snailbeach Village Hall.

Results.

Limited results will be available on the day. Full results will be available from the websites above and via <http://www.runbritain.com/races>

Race Cancellation policy.

Cancellation by the Race Organiser.

The race organisers will do everything within their control to ensure the race goes ahead. In the unlikely event that the race has to be cancelled Teams will be offered the option to have their entry transferred to either a rearranged race date (if the organisers can rearrange in 2017) or the 2018 race, or to have a refund. The refund would be subject to a deduction for costs incurred by the organisers prior to the cancellation.

Cancellation of entry by the Team Manager

If a Team decide that they no longer wish to take part in the race a refund of the entry fee will be made subject to the following:

- a deduction of costs incurred to that date by the organiser and reasonable costs incurred in processing the refund – "the balance"
- the full amount of the balance will be payable where notice is received by the organiser up to 4 weeks before the date of the race
- 50% of the balance will be payable where notice is received between 2 and 4 weeks before the date of the race
- no refund will be given where notice is received within 2 weeks prior to the race

Alternatively the Team Manager can request that the Team's entry be transferred to the following year's Eastridge Trail half race. Or each team member could transfer to one of the Club's races (Mad Jack's 5 - approximately 5 miles over a multi-terrain course held at the National Trust's Attingham Park, Atcham (near Shrewsbury) on a Saturday in early November or the Walford Farmageddon 5 - approx 5 miles cross country course at Walford College, Walford (near Shrewsbury) on a Saturday in late November).

We hope you enjoy this race