

MARLBOROUGH RUNNING CLUB

TWENTIETH ANNUAL RIDGEWAY RELAY

DATE: SUNDAY 21ST. JUNE 2009

START: 7.30 AM, AT IVINGHOE BEACON, BUCKINGHAMSHIRE

INVITATION

You are invited to enter your running club or team, for the twentieth running of the annual ten-stage Ridgeway Relay - Ivinghoe Beacon to Marlborough.

Entry is by invitation only. The entry form is at the end of this invitation. Please print off a separate entry form for each team, and return to me by 18th. April 2009.

There are three team categories:

For **Senior** teams at least two stages **must** be run by lady runners.

For **Ladies'** teams male runners **may** run up to two stages.

Veterans' teams **must** consist of runners **all over the age of 50** and at least two stages **must** be run by lady runners.

Individual competitors may run more than one stage of the relay, but must run complete stages and all changeovers must take place at the designated locations. "Buddying" of runners is permitted, but on any particular stage only one runner in any team will be regarded as the official team member.

Clubs may enter up to four teams, **but not more than two senior teams**. If a club wants to enter three (or four) teams, at least one (or two) must be ladies' or veterans' teams.

The route follows the official Ridgeway National Trail, except for a diversion on stage nine to avoid a dangerous road crossing South of Ogbourne St. George, and a diversion on stage ten across the Marlborough Downs to the finish at Marlborough Leisure Centre. The total distance is 89 miles. Runners who gain advantage by deviating from the route are liable to incur time penalties.

The race will be under ARC (Association of Running Clubs) Rules of Competition, and a permit will be obtained from ARC.

In order to help accommodate more entries, we will be asking all teams to minimise the number of cars visiting some of the checkpoints, especially those at the ends of stages one, two and three. Please help us in this regard (sorry, but we may have to introduce time penalties if teams fail to observe this request).

Terms and conditions

1. All team members must be over 17 years old.
2. All participants will be provided with running numbers, to be collected at the start of each stage, which must be worn when running.
3. All runners/teams are responsible for undertaking their own navigational research, and must make their own travel arrangements to and from each checkpoint.

4. Like any trail race, the Ridgeway Relay is not entirely free from hazards and risks of injury. Hazards include:

- Road crossings, and one rail crossing (note – most road crossings **will not** be marshalled),
- Stiles, which may be slippery, especially if it is wet or muddy,
- Uneven paths, with ruts or roots coming up through the ground,
- Slippery grass paths,
- Tripping on stony tracks.

All runners are expected to take reasonable measures to recognise potential hazards and avoid injury to themselves and others, and to take sensible precautions in case of any injury. Runners are strongly advised to carry a mobile phone, a list of emergency telephone numbers (which appear on the reverse side of the race numbers) and contact numbers for their team members.

5. In the event of one or more of a team getting lost, it is the responsibility of their team to get out there and find them. (Locating lost runners is another reason for advising runners to carry mobile phones. In every recent Ridgeway Relay at least one runner has been lost for an hour or more. If they had been carrying phones this would have been avoided. Fortunately, every such lost runner was found by nightfall on race day – though in one case only just!)

6. Because of the nature of the event and the course, it is impractical for the organisers to provide effective full first aid cover. Team members are advised to carry basic first aid supplies. If first aid is needed that cannot be provided by another team member, a nearby marshal, or a member or supporter of another team, use an A&E Department in one of the nearby hospitals. Locations of these and their phone numbers will be given on the reverse side of the running numbers.

7. The organisers will not be providing water or other drinks for runners at checkpoints or along the route. It is each team's responsibility to make appropriate arrangements for their runners.

8. Team members should note that no toilet facilities will be provided at the start or along the route. Public facilities are available in nearby towns and villages (for example, near the start at Tring Station), and at the end of stage nine, and for customers of the Perch and Pike at the end of stage five. Changing and toilet facilities will be available for all competitors in Marlborough Leisure Centre at the finish

9. All competitors take part on the express understanding that the organisers accept no responsibility for any loss or injury howsoever caused.

Race details are the same as previous years and will be emailed to you after you enter. If you are new to the event, and require more details before entering, please email me.

For more information and previous year's results please go to our website:

www.marlboroughrunningclub.co.uk

All the best to you all, and to your members from Marlborough Running Club.

Alan Joslin
Marlborough Running Club