

## RELAY INSTRUCTIONS

Please find enclosed 3 race numbers plus relay identification. Please allocate one number to each team member, race numbers to be worn on the front, relay identification on the back . Please make sure your last leg runner wears the number with C and the chip that is supplied.

Each Leg will be 1 lap of the course

Leg 1 will start with the main field and will change over to Leg 2 outside the Knighton Sports Club, Leg 3 will changeover also outside The Knighton Sports Club but will finish inside the sports ground in the same finish area as the main field. The changeover area will be clearly marked as you come to the end of the lap.

If your team is using a runner on leg 1 who is carrying on to run the 20 mile then that runner wears the number issued for the 20 mile race, the remaining two runners wear the relay numbers

Please be aware of weather conditions and keep warm whilst waiting for your team member to arrive. You can leave any excess clothing at the changeover point and collect when you have finished your leg. Please make sure you write your name, contact telephone number and any medical condition we should be advised of on the back of your race number.

Prizes for the first Male Team, First Female Team and First Mixed Team.

**THE CHANGEOVER POINT WILL BE CLEARLY MARKED**