



The Great Racecourse Relay

Runner's Information Pack

This is an event organised by runners for runners. It involves a **huge team** depending on each other, and there will be somebody out there on the course at all times of the day, including starting out to run at 3:30am regardless of the weather.

Please **try to know the Haverfordwest Parkrun** circuit beforehand

The weather may be inclement, the surface may be wet, slippery and uneven. If you are running at night, in particular, there is more risk as it is difficult to see dog poo, mole hills, rabbit burrowing and the like. Runners are advised to wear bright clothing, carry a mobile phone, suitable lighting and a whistle or other suitable method of being located.

Everyone matters, you will certainly take away a feeling of accomplishment, some sweaty running gear, and a pair of muddy shoes.

Contact the runner's coordinator if you want any **advice or help**, such as a paced practice run before the date if that is convenient. Please let them know if there are any times of day that you would prefer to run. If you have to pull out at short notice, let the coordinator know asap.

The last baton run is timed to start with the Saturday Parkrun. It would be fantastic if we could get as many of the Great Racecourse Relay participants as possible to attend **Parkrun on the 26th Oct.**

Runners are **welcome to run with others** in support, and we actively encourage this, especially in poorer conditions and after dark. Please be mindful that the nominated baton carrier is on a time target.

You are encouraged to use a GPS tracking app and **have your mobile phone with you**. You can have a friend or family member track you for safety. **You must let the runner's coordinator know** if you pull out or suffer any problem whilst running.

Respect other park users, they have the right to use the park as well.

When you have finished, upload to Strava or other app and enjoy the kudos! Share the name of the sponsor for your part of the run. Try to remember the sponsors when sharing the glory on the socials.

Every nominated baton bearer will get a laser engraved presentation plaque bearing their name and details of the event.

Carrying the baton is a great responsibility. Please try to run at a safe and sustainable pace. We hope that runners will complete their runs in **25 to 28 minutes**, leaving enough time for handover.

Please **let the coordinator know** if you cannot make it or are running late.



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Spectators, helpers and supporters are welcome!

We welcome donations from spectators, family, friends and supporters of the racecourse at:

<https://www.peoplesfundraising.com/donation/great-racecourse-relay-donors>





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How to become a runner.

Fill in this part yourself, return a paper copy or photograph to events@haverfordwest-racecourse.wales	
Your name	
Your phone number	
Are you over 18?	
Address	
Next of Kin name	
Next of Kin contact details	
Email address	
Desired times	
Declaration. Please read and sign	
I accept that I understand the risks and agree to look after my safety and that of others. I understand the Trust will retain data for the purposes of managing the event and its safety, it will not be shared with other organisations and will be deleted after 6 months. I am willing to participate at my own risk, and consider myself fit enough, experienced and have a current training level to participate. I will choose suitable clothing, footwear and equipment. Runners under the age of 18 participate with agreement of the Trust and must run with a responsible adult. I understand that the racecourse trust, other participants, the press, supporters and the public may take and distribute pictures. I accept my name will be shared with other participants to help smooth transition.	
Signature	
To be completed by coordinator and will be communicated back to you	
Your allocated run start time	
Name of runner before you who will give you the baton	
Name of runner after you who will give you the baton	



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What to do and when.

Please arrive at the car park <https://w3w.co/late.cape.engine> Close to Haverfordwest Cricket club. The start position is approximately 100m North of the Cricket club. The car park is close to the finish line.

Start <https://w3w.co/ridge.offer.scarf>

Ideally, you want to be on the **finish line 30 minutes before** your individual start time to meet the runner that will eventually be giving you the baton. This will make your handover easier. You can follow them to the start, cheer them off and start your warm-up.

Handovers of the baton take place at the **finish line, 2 to 5 minutes before your time**

10 minutes before your individual start time, you need to be **ready on the finish line** to receive the baton. Check your gear (phone, head torch, rain jacket, whistle etc) When you see the runner before you approaching give them a cheer and congratulate them when they pass the baton onto you. You are now carrying the responsibility of the whole team!

When you have the baton, promptly make your way with the baton to the start line. It is about 220m and takes about 2 minutes at a brisk walk.

Get going on time (on the hour or on the half hour). Try to do the **5K in 25 to 28** minutes.

When you reach the finish line you will see the banners and lights, you then need to meet up with the runner after you in the order and pass the baton on to them. You may want to accompany them to the start line and tell them how your run went, what the conditions are like etc.

Follow the signs which will lead you through the car park, past the cricket club, and up to the start line.

There is only one baton, so only one person can run with it on each circuit. If you want somebody else to run with you – that is positively encouraged, especially after dark. If you have done a baton carrying circuit, you are welcome to support other runners and run with them.