



The Great Racecourse Relay

What to do and when for runners in the Great Racecourse Relay

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. 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.