



## Relay Team Information

Sunday 3<sup>rd</sup> September 2023

1. Relay race will start along with the main race at 9.30 am.
2. The relay race numbers e.g. 1A, 1B, 1C, etc must be worn on the front of the vest.
3. The numbers must be worn in the team running order – first runner wears 1A, second runner wears 1B, third runner 1C, etc.
4. Chip Timing – The third leg runner must wear the C number which contains the embedded electronic chip. **To record a finish place and time, this chipped number must be worn by the final leg runner.**
6. The relay leg distances are approximately 5 miles, 4.1 miles and 4 miles.
7. Relay runners must touch hands at the changeover points.
8. The changeover points are at (1) Temple Road, Strathfoyle and (2) Boomhall ( along path from Foyle Hospice – Bay Road. They will be clearly sign posted.
9. A bus shuttle service will be provided to and from the changeover points.

Transport for the Leg 2(B) runners will leave from the **Foyle Arena / Top of St Columb's Road at 9.10am.**

The final leg runners (c) will leave at approx **9.30 am.**

The shuttle bus will bring runners back to St Columb's Road / Ebrington.

10. If Runners A and B would like to cross the finish line with their final leg runner, they can join in at the waterside end of the peace bridge and all three can run up the mall towards the finish gantry, crossing the line together.

11. Showers are available in the Foyle Arena post-race

## **WHM 2023 RELAY TRANSPORT**

**LEG 2 (B)** Runners Foyle Arena **leaves 9.10am Sharp**

**LEG 3** Runners Foyle Arena **leaves 9.35AM Sharp**

**LEG 1** Runners **LAST Pick up** Strathfoyle **leaves 10.45AM Sharp**

**LEG 2** Runners **LAST Pick up** Foyle Hospice **leaves 12NOON Sharp**

The above pick up times are based on the longest time taken for a relay (3hrs) please note and make alternative arrangements for pick up if not suitable.

**ENJOY YOUR RUN, HAVE A GOOD DAY AND GOOD LUCK FOR THE REST OF THE SEASON!**