



## Relay Team Information

Sunday 4<sup>th</sup> September 2022

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 miles and 4.1 miles.
7. Relay runners must touch hands at the changeover points.
8. The changeover points are at (1) the Gransha Roundabout and (2) the KFC/Sainsbury's Car Park Area. 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 runners will leave from the **Foyle Arena** at 9.15am approx. And the final leg runners at approx 9.50 am. Please check the details on the day at Check-in.
10. At the finish area only the final leg runner must run through the designated Runners Finish Funnel.
11. The three team members' medals, water and goody bags will be presented to the final leg runner in the Finish Funnel. The first two runners can link up with him/her at the end of the Finish Funnel.
12. Showers are available in the Foyle Arena post-race

**WHM 2022 RELAY TRANSPORT**

**LEG 2** RUNNERS Foyle Arena **LEAVES 9.15 SHARP**

**LEG 3** RUNNERS Foyle Arena **LEAVES 9.50 SHARP**

**LEG 1** RUNNERS LAST Pick up Gransha **LEAVES 10.30 SHARP**

**LEG 2** RUNNERS LAST Pick up Sainsbury's **LEAVES 11.30 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!**