



FINAL RACE INSTRUCTIONS: Poole Festival of Running **Relays 2024**

Poole Runners is looking forward welcoming you to the best relays of the summer on Sunday 9th June with first leg runners starting at 9.00am.

Please give these final race instructions to all members of your team running on the day.

To view information on nearby car parking, a site map, the race route, race rules and Frequently Asked Questions, please visit <https://poolerunners.co.uk/events/poole-festival-of-running/>

Your race numbers will NOT be posted to you in advance. Each team's four race numbers will be available for collection in a single envelope and cannot be collected individually. Envelopes can either be collected at the Junction Sports Centre, Railway Approach, Broadstone BH18 8AX from 7.30pm until 9pm on Wednesday 5th June or from the number collection tent on the West Field in Poole Park from 7.30am until 8.30am on the morning of the Relays.

Race numbers must be pinned to the front of your vest and must not be cut or folded. **Please supply your own safety pins.** Each number contains a chip for race-timing. We cannot issue replacement numbers on the day so **all team members must have their numbers with them in order to be able to race.** Emergency contact and medical details should be written on the back of the number.

Each race number consists of your team number preceded by a letter: A for the Leg 1 runner, B for Leg 2, C for Leg 3 and D for Leg 4. **Your first leg runner MUST wear the letter A, the second B, the third C and your final leg runner D.**

If you need to change the order in which your team members will run the legs of the relay or want to bring in a replacement runner, your team manager should email eventsupport@poolerunners.co.uk before 9pm on 5th June. Alternatively, they should visit the administration tent on the West Field between 7.30am and 8.30am on the morning of the race.

England Athletics registered runners MUST wear their club vests. Non-EA registered runners are free to wear a vest or shirt of their choosing.

Poole Park will be closed to traffic for the whole morning of the event and there will be no parking in the Park. Visit the event website (address shown above) for information on nearby car parking.

Runners should congregate on the West Field which is inside Poole Park near the Kingland Road entrance (post code BH15 1TN, what3words text.fallen.pinks). There will be toilets and portaloos on the West Field but no changing facilities. Food and drink will be available from catering outlets in the Park. Water will be available at the start/finish area where you are welcome to refill your water bottles. Visit the event website (address shown above) for a map of the event site. Please dispose of litter and recycling in the bins provided.

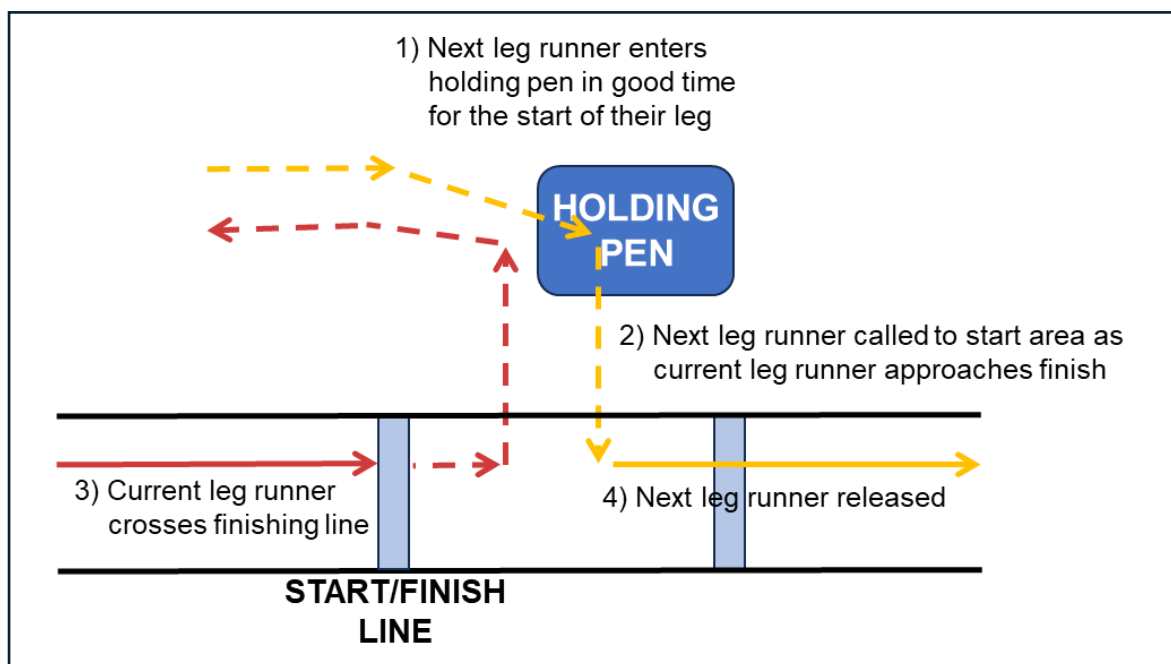
The start/finish area will be located on the road opposite the Kitchen Restaurant next to the West Field. First leg runners (with an A in front of their numbers) should line up on the road near the fountain ready for the start at 9.00am.

The race route is flat and firm underfoot, being either road, tarmac path or firm gravel path. Each leg is approximately 5k in length and made up of two laps, the first taking in the cricket pitch and a clockwise loop of the boating lake and the second a clockwise loop of the same lake. Visit the event website (address shown above) for a map of the race route.

No dogs, buggies or pushchairs will be allowed on the course. Headphones must not be worn. **There will be a cut off time of 2 hours 45 minutes for teams to complete all four legs.**

As this is a relay with four legs and not just a straight race, all members of your team must familiarise themselves with the handover process between leg runners:

- Once your Leg A runner has set off, your Leg B runner should make their way over to the holding pen next to the start line. They **MUST** get there in good time for your Leg A's finish and the start of their own leg. Only next leg runners will be allowed into this holding pen.
- When your Leg A runner is nearing the finish at the end of their second lap, a marshal will ask your Leg B runner to step into the start line area from the holding pen. A second marshal will tell your Leg B runner to set off the moment their Leg A team mate crosses the finishing line. The chip timing system will sense when your Leg B runner sets off.
- This non-contact handover will also happen for Legs C and D. The timing system will automatically record your individual leg times and your total team time.



A QR code with a link to the timing website will be displayed at the administration tent and near the start/finish area. This will allow you to track live team positions during the race and access final race results at the end.

Prize presentations for the fastest teams and individual leg runners will be made before 11.30am on the day of the Relays. These will take place in front of the fountain by the start/finish area.