

# The Comrie Hills Relay Race 2008

ORGANISED BY STRATHEARN HARRIERS  
 UNDER UK ATHLETICS RULES  
 scottishathletics permit event

SPONSORED BY



- Start and finish at Laggan Park Pavilion, Comrie
- Food and hot drinks free after the race
- Team & leg prizes

**Sunday 14<sup>th</sup> September 2008**  
**Start time 10.00 am**  
**Registration from 9.00 am**

## ENTRY FORM

(Please use block capitals and ballpoint pen)

Club Name ..... Team name .....

Category: Male  MVet 40  Female  FVet 35  Mixed\*  MixedVet \*

\* Mixed teams must include at least 2 female runners

	Runner name	SAF Number
<b>Leg 1</b>		
<b>Leg 2</b> <i>(Run in pairs)</i>		
<b>Leg 3</b>		
<b>Leg 4</b>		

Contact details of team organiser

Name: ..... Telephone:.....

Address: .....

.....Postcode:.....

Email address:..... (We will only use this to inform you about this & future events)

### Declaration

I have read and understood the race rules & safety instructions and will ensure that all runners in my team are made aware of them.

On behalf of the team I declare that the team will abide by the rules of UK Athletics. Runners will not participate unless they are fit to run the course. I hereby agree that the organiser or associates shall not be liable for any accident, injury, loss or damage as a consequence of this team's participation in the race.

I enclose a cheque (£25.00 per team plus £2.00 per non-SAF member) payable to Strathearn Harriers. This covers race entry & food & hot drinks after the race. For my team please provide vegetarian food for ..... people.

Signed:- ..... Date :- .....

For (Club):- .....

Please send completed entry forms accompanied by payment to: **Alex Dillon, Rosewell, Dalginross, Comrie PH6 2EG**. Entries will be confirmed by email – if you'd like confirmation by post, please enclose a SSAE. Closing date for receipt of entries is **Monday September 8th 2008**. Race organiser's decision on entries is final.

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## Race Rules

1. Entries are limited to 30 teams in total.
2. All runners must be aged 19 or older on the day of the race.
3. Race cards must be punched at all checkpoints – any team finishing without a fully and correctly punched card will be disqualified. A race map is at [www.strathearnharriers.org.uk](http://www.strathearnharriers.org.uk).
4. Legs are as follows: (Grid refs are on OS 1:50,000 sheet 52)

	Start	Checkpoint	Checkpoint	Checkpoint	Finish
1	Laggan Park	<b>1</b> track fork 795247	<b>2</b> path junction 781237		765241 road
2	765241 road	<b>3</b> Crappich hill 748248	<b>4</b> junction of fences 736253	<b>5</b> bridge over river 742262	743273 Coishavachan
3	743273 Coishavachan	<b>6</b> fenceline 775295	<b>7</b> head of Carroglen burn 784283	<b>8</b> path meets Carroglen track 767256	749263 Funtulich
4	749263 Funtulich	<b>9</b> monument 766235	<b>10</b> burn crossing 757228	<b>11</b> junction road & path 767232	Laggan Park

5. In accordance with the SHR safety code, all entrants must carry and appropriately use windproof full body cover, other body cover appropriate to the conditions on the day, map, compass and whistle. The organisers may hold complete or random kit checks prior to the race or after each leg. The team of any runner found without the defined kit will be disqualified.
6. If a runner withdraws during the race through injury, the team is disqualified but subsequent runners may continue and will be eligible for their individual leg prizes.
7. To limit the overall time taken by the race, after 2 hours 30 minutes there will be a mass start of any remaining runners for Leg 3. Runners still on Leg 2 should complete the leg, their times will be recorded and the individual leg and total race times for their teams will still count.
8. Team prizes will be awarded only in categories in which at least 3 teams compete.

## Safety instructions for entrants

The race route is around Glen Lednock, north of Comrie, covering 42 kilometres, with over 2,100 m of ascent and including rough mountain terrain, particularly on Legs 2 and 3.

Prior to the race:

- All entrants are advised to familiarise themselves with the course and must have the necessary skills to cope with navigational problems arising from bad weather conditions.
- **This year Legs 1 and 4 will be fully marked but Legs 2 and 3 will continue to have limited marking.** Markings on the course may not be easily discerned in bad weather conditions and are not a substitute for good navigational skills and course familiarisation.
- Remember that the temperature on the summits can be close to zero at this time of year.
- All entrants must be able to recognise the symptoms of hypothermia and hypoglycaemia.
- If conditions on the day dictate, there will be a low level alternative or if sufficiently bad the race will be cancelled.

During the race:

- All runners must comply with the SHR safety code and race rules on clothing and equipment.
- Any runner retiring from the race must report to a marshall or other race official. The positions of the marshals shall be made clear to runners before race start. Retiring runners must also report to race control at the finish point. **N.B. This is extremely important as failure may result in emergency services being called out.**
- The positions of marshals with first aid shall be made clear to entrants.
- Leg 2 pairs **must** run and finish together. Leg 2 **must** have at least one experienced hill navigator.
- Runners should be aware of the risk of Lyme Disease and wear body cover appropriately.
- If you see someone in trouble you **must** help, even if it jeopardises your position in the race.

Rules and safety information are available to download from [www.strathearnharriers.org.uk](http://www.strathearnharriers.org.uk) and you may make additional copies of this sheet yourself. The information will also be displayed at the race registration point.

**Strathearn Harriers**

Natural mineral water for the  
race kindly supplied by

