

# THE SIMON WAKE COMRIE HILLS RELAY



SUNDAY 13th SEPTEMBER 2009

Sponsored by **THE  
FAMOUS  
GROUSE**  
EXPERIENCE

The Comrie Hills Relay is a 42k relay race with 2,110m of ascent, run in 4 stages for teams of 5 runners. The highly scenic course starts and finishes in Comrie village, and follows a route up and around the hills surrounding Glen Lednock.

Legs 2 and 3 cover rough mountain terrain, while Legs 1 and 4, although challenging, are closer to trail races.

*In October 2008, our friend and fellow Strathearn Harrier, Simon Wake, died aged 47 after a short battle with Pancreatic Cancer. Simon was a very active member of the club whose enthusiasm and love of running touched the lives of all who ran with him. In particular, Simon loved running in the hills above Crieff and Comrie and taking part in the Comrie Hills Relay, including being a member of the winning Strathearn teams in 2006 and 2007. In his memory we have renamed the race, provided new trophies and will donate all proceeds from the race to the fight against this terrible disease.*

- In 2009 the race starts at 10 am on Sunday September 13<sup>th</sup>, with registration from 9 am.
- Open to teams of 5 runners from running clubs anywhere.
- Places allocated first come, first served on receipt of completed entry form & entry fee.
- Entry form overleaf or at [www.strathearnharriers.org.uk](http://www.strathearnharriers.org.uk)
- Entries close on Monday September 7<sup>th</sup>

ORGANISED BY  
**STRATHEARN HARRIERS**  
UNDER UK ATHLETICS RULES  
[www.strathearnharriers.org.uk](http://www.strathearnharriers.org.uk)

SPONSORED BY  
**THE FAMOUS GROUSE EXPERIENCE**  
TEL 01764 656565  
[www.thefamousgrouse.com](http://www.thefamousgrouse.com)

# THE SIMON WAKE COMRIE HILLS RELAY

## SUNDAY 13th SEPTEMBER 2009 10.00am

**Strathearn Harriers**

ORGANISED BY STRATHEARN HARRIERS UNDER UK ATHLETICS RULES  
scottishathletics permit event

**START & FINISH:  
LAGGAN PARK  
PAVILION, COMRIE**

**TEAM AND LEG WINNERS PRIZES.**

**FOOD AND  
REFRESHMENTS FOR  
ALL RUNNERS!**

### Race Legs

1. 11k, 527m ascent, 1 runner – route fully marked.
2. 7k, 484m, 2 runners – limited marking.
3. 12.6k, 712m, 1 runner – limited marking.
4. 11k, 388m, 1 runner – fully marked.

### ENTRY FORM - PLEASE COMPLETE IN BLOCK CAPITALS

Club Name		Team Name				
Category	<input type="checkbox"/> Male	<input type="checkbox"/> MVet 40	<input type="checkbox"/> Female	<input type="checkbox"/> FVet 35	<input type="checkbox"/> Mixed*	<input type="checkbox"/> MixedVet*
	<b>Runner name</b>	<b>SAF number</b>				
<b>Leg 1</b>						
<b>Leg 2</b> (Run in pairs)						
<b>Leg 3</b>						
<b>Leg 4</b>						
<b>Contact details of team organiser</b>						
Full Name			Tel no			
Address						
Postcode						
Email address			(We will only use this to inform you about this & future events)			
I have read and understood the race rules & safety instructions (available at <a href="http://www.strathearnharriers.org.uk">www.strathearnharriers.org.uk</a> ) 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 (dd/mm/yy) / /			
For (Club)						

**Completed Entry forms accompanied by payment to:** Alex Dillon, Rosewell, Dalginross, Comrie PH6 2EG.

**PLEASE NOTE:** Entries will be acknowledged by email – if you'd like confirmation by post please enclose a SSAE. Closing date for entries is Monday September 7<sup>th</sup> 2009. Race organiser's decision is final. Full race information, rules, maps and route notes are at [www.strathearnharriers.org.uk](http://www.strathearnharriers.org.uk) or email organiser [alex.dillon@strathearnharriers.org.uk](mailto:alex.dillon@strathearnharriers.org.uk)

# The Simon Wake Comrie Hills Relay

## Race Rules

1. All runners must be aged 19 or older on the day of the race.
2. 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).
3. 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

4. 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.
5. 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.
6. 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.
7. Team prizes will be awarded only in categories in which at least 3 teams compete.

## Safety instructions for entrants

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.