

THE SIMON WAKE COMRIE HILLS RELAY

Sunday 9th September 2018

Race information sheet

START & FINISH:
LAGGAN PARK
PAVILION, COMRIE

TEAM AND MALE & FEMALE LEG WINNER
PRIZES

FOOD AND
REFRESHMENTS FOR
ALL RUNNERS

The Comrie Hills Relay is a 42k relay race with 2,110m of ascent, run in 4 stages for teams of 4 runners. The highly scenic course starts and finishes in Comrie village, Perthshire 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.

The race is dedicated to the memory of our friend and club mate Simon who died aged 47 in October 2008 after a short battle with pancreatic cancer. All proceeds from the race will be donated to the fight against this terrible disease

- In 2018 the race starts at 10 am on Sunday 9th September, with registration from 0830.
- Open to teams of 4 runners, minimum age 18 yo.
- Entry will be limited to 35 teams.
- Entry online at [EntryCentral](#) until Friday 7th September or race full.
- Hot drinks, barbeque & prize-giving at Laggan Park or alternative venue if bad weather.
- Race Legs: 1. 11k, 527m ascent – route marked. 2. 7k, 400m, – unmarked, 3. 12.6k, 712m, – unmarked. 4. 11k, 370m, – marked.
- Full race information, rules, maps and route notes are at www.stratearnharriers.org.uk.
- For other questions email relay@stratearnharriers.org.uk or telephone 07725 691679



ORGANISED BY

STRATHEARN HARRIERS
UNDER UK ATHLETICS RULES

*The race is supported by
The Famous Grouse
Experience*

**THE
FAMOUS
GROUSE**
EXPERIENCE

Race Rules

1. All runners must be aged 18 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.
3. Legs are as follows: (Grid refs are on OS 1:50,000 sheet 52)

<p>START Laggan Park</p> <p><i>Leg 1</i></p> <p>1 fork in track 795247</p> <p>2 path junction 781237</p> <p><i>Handover 765241 road</i></p>	<p><i>Leg 2</i></p> <p>3 Crappich hill 748248</p> <p>4 junction of fences 736253</p> <p>5 cattle grid on road at Funtulich 749 263</p> <p><i>Handover 743273 Coishavachan</i></p>	<p><i>Leg 3</i></p> <p>6 fenceline 775295</p> <p>7 head of Carroglen burn 784283</p> <p>8 path meets Carroglen track 767253</p> <p><i>Handover 749263 Funtulich</i></p>	<p><i>Leg 4</i></p> <p>9 top of monument hill 766235</p> <p>10 track junction 750236</p> <p>11 bridge over burn 757228</p> <p>12 junction road & path 767232</p> <p>FINISH Laggan Park</p>
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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. There may also be a mass start for Leg 4.
7. Team prizes will be awarded only in categories in which at least 3 teams compete.
8. Competitors must not park at the changeover point between Legs 1 and 2. Drop off there only please.
9. At the landowner's request, to avoid disturbing game birds, please do not recce Leg 2 after 1st August
10. Race organiser's decision is final.

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.
- **Legs 1 and 4 will be marked but Legs 2 and 3 will continue to have minimal 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 marshal 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.**
- Runners should be aware of the risk of Lyme's 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. The information will also be displayed at the race registration point.