



Cotswold Way Relay - event information, guidelines, team selection criteria and responsibilities.

Event information

The Cotswold Way is a 102-mile (164 km) long-distance footpath, running along the Cotswold Edge escarpment of the Cotswold Hills in England. It was officially inaugurated as a National Trail on 24 May 2007.

The Cotswold Way Relay is a well established high profile team event in the UK athletics calendar and has now been staged for over 25 years. CWR is organised by Team Bath AC and the event is targeted by a number of well established clubs both locally and further afield. The 2019 event will be held on Saturday 29th June.

This is a link to the CWR website:- <http://www.cotswoldwayrelay.co.uk>

The CWR is a back to back, 10 stage or leg, 102 mile race, running north to south along the Cotswold Way from Chipping Campden to Bath Abbey. Each leg is run with a mass start and is a race within a race. There is no baton or hand off. Leg 1 starts from Chipping Campden at 7am and Leg 10 starts from Cold Ashton at 5.20pm finishing at Bath Abbey around 6:30pm. Legs 2 to 10 start at the expected arrival time of the first runner from the previous stage.

In 2018 the organisers allowed running clubs to enter a maximum of 5 teams and there were 118 teams entered. The 2019 event is limited to a maximum of 100 teams. If the event is oversubscribed the organisers will hold a ballot to select the 100 teams. Therefore there is no guarantee how many teams a club can have selected.

Each leg will have a cut off time, shown in the 'schedule', which will be the maximum time applied to a runner who finishes that leg. If a team does not have a runner for a leg the 'no runner time' shown for the respective stage in the 'schedule' will apply. If a runner starts but does not finish a stage the 'no runner time' shown for the respective stage in the 'schedule' less 5 minutes will apply. At the time of writing this document the schedules for 2019 had not been published.

With regard to the race results, you are not in a team with those running the same leg as you; you are in a team with those running the other 9 legs. Each runner's finishing time is added to the team total. The team with the lowest total time is the winner. The race categories are:- overall, mens, ladies, vet men (over 40's) and mixed (minimum 3 ladies in a team)

The route is over 90% off-road, taking in many hills, woodlands, fields and tracks. Every leg could be considered challenging. Some more so than others.

The race is not marshalled and there are no official water stations.

Each competitor has to navigate the route. The route is signposted but the signposts can be easy to miss. Many runners go the wrong way. Therefore a prior recce is strongly recommended. You can run with a map.

Each leg has a relatively small field of runners. 100 in 2019. Consequently runners can become isolated.

Any runner who completes all 10 legs will qualify as a King or Queen of the Cotswolds. A trophy is usually presented by the Organisers at the post event results ceremony in Bath.

As at 2018 the entry fee is £175 per team.

Club ethos

CWR is an important event with a highly competitive nature to it. As a club we are privileged to be able to take part and have to adhere to the rules of the event.

We want everybody to have an enjoyable day representing the club. Our team selection process aims to achieve a mix of competitiveness and fairness, enabling as many of our members as possible to take part.

This is a team event and competitors have a responsibility to themselves, their team the club, the organisers and the event.

Also the club has an overriding duty of care to its members and we will not select a member or recommend participation if we believe it is not in the interest or safety of the member. Therefore our selection criteria and process will reflect this.

The club's intention will be to enter teams into the following race categories :-

Men. The fastest men available in the club. This may include over 40's .

Ladies. The fastest ladies available in the club. This may include over 40s

Veteran Men. The fastest over 40's available.

Mixed Team(s). Selected primarily on the basis of fairness and enabling as many as possible of our members to take part within the rules of the race.

The no of teams entered for the event will be dependent on the no of runner declarations we receive. The 2019 event is limited to 100 teams and there is the possibility of a ballot. Therefore we may not be allowed to field as many teams as are able.

Selection Criteria for members

Members to declare their interest and if they wish to be considered for one of mens, ladies or vet mens teams.

Members to inform the club if they are unable to run any leg for a particular reason such as family commitments, working hours etc.

Members must declare they are fit and able to compete.

Only full members are allowed to take part and renewing members must have paid their annual membership fees by 30th April at the latest.

Participants will be asked to pay a £10 contribution. To be paid after selection but within 14 days. In the event that the member is unable to take part the club will refund the contribution to the member. Any substitute runner will be asked to pay the £10 contribution.

All participants must be confident they know the route and where possible to have undertaken a recce of the leg they have been selected for.

Selection criteria for Team Manager(s)

Teams will be selected based on the club's ethos detailed above.

Men. The fastest men available in the club. This may include over 40's .

Ladies. The fastest ladies available in the club. This may include over 40s.

Veteran Men. The fastest over 40's available.

Mixed Team(s). From those not selected for mens, ladies or vet mens teams. At least 3 ladies per team. Selected primarily on the basis of fairness and enabling as many as possible of our members to run. We will also use the mixed teams to accommodate those who are working towards a King or Queen of the Cotswolds Award but who are not selected for one of mens, ladies or vet mens teams.

All teams will be selected according to the event rules.

Teams will be selected so where possible members are not asked to run a leg more than once, unless they are already a King or Queen. This is to enable as many members as possible to work towards becoming a King or Queen.

In accordance with the club's duty of care to its members, we will not select a member if we believe it is not in the interest or safety of the member.

If we have more qualifying members than available team positions, there will be a reserve list and Team Manager's will select from this list in the event of a runner having to drop out.

Members on the reserve list who are not selected to take part in any given year will be considered a priority for selection in the following year provided they then meet the selection criteria

Runner's responsibilities

Familiarise yourself with the event. Take a look at the CWR website. Speak to members who have run previously.

Declare your interest for selection using the runner declaration form. The deadline for 2019 is 28th February.

Members to inform the club if they are unable to run any leg for a particular reason such as family commitments, working hours etc.

If selected, arrange to pay the £10 contribution when due.

Ensure you are fit and able to run your selected leg on the day. If for any reason you are unable to run or are injured, inform the Team Manager(s) as soon as possible.

Runners may be requested to change legs for unforeseen reasons. Please be flexible.

Please liaise with other members who are doing the same leg as you and arrange a recce. The route is signposted but the signs are easy to miss. Maps are available to download from the CWR website. The objective of the recce is to ensure you are as familiar with the route as possible. This is a steady run, possibly stopping frequently to check your position. Watch the club facebook page and keep up to date with notices at the club for news of recces.

Members must wear a club vest or tee shirt. If you need new kit please arrange this in good time. As at January 2019 the costs are £15.00 for a vest and £20.00 for tee shirt.

A leg captain will be required.

Arrange on the day travel arrangements. Ensure you have plenty of time to arrive at your leg start point. The legs are point to point so if you have vehicles at the start of the leg you have to be able to return to the vehicles when you have finished your leg. Parking is limited in many of the start/finish areas. The CWR website may give advice on where to park. Plan ahead.

On the day ensure you arrive at the start at least 30 minutes before the start time of your leg. The race organisers have a list of declared runners for each leg. Runners have to declare their attendance to the roll call Marshal at the start of each leg. This may be closer to the start of the stage. Maybe 5 to 10 minutes before the gun. However, It is your responsibility to find the roll call marshal. Don't wait for the roll call marshal to find you. If you do not declare your attendance the race will start without you and you risk being awarded a no runner time. Many starts do not have toilet facilities so come prepared to find a place, often a field on the way or nearby.

When you have finished the leg stay until all our runners have also finished.

The club traditionally hold an after event social get together. This is always a highly enjoyable night where you can swap stories of the day. The club endeavour to have results available during the night and we will also present any King or Queen of the Cotswolds awards. Please make every effort to attend if possible.

Post event, be prepared to give feedback with a view to enabling improvements in subsequent years.

Team Manager's responsibilities :-

Select the team in accordance with the rules of the event, club ethos and selection criteria.

Inform the members who have been selected and inform them which leg they are running. Also inform the runners who have not been selected.

Select leg captains.

Regularly update the committee on selection progress and any issues that may require attention.

After the event and along with the help of the runners and the Committee conduct a review of the event with a view to making any necessary changes for subsequent years.

To act at all times in accordance with the clubs Data Protection Policy. A copy is available on the club website.

Leg captain's responsibilities.

To ensure where possible that all runners are familiar with the route and have done a recce where appropriate. To ensure all leg runners are aware of the on the day travel arrangements in good time. To ensure each member has declared their attendance to the race organisers at the start of the leg. Ensure all leg runners finish the leg safely.

Committee's responsibilities :-

To oversee the smooth running of the selection process and event. Hold regular update meeting(s) with the Team manager(s). Ensure a post event review is held.

Version 1. February 2019.