



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. 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. The event is organised by Bath AC and is targeted by a number of well established clubs both locally and further afield. The 2024 event will be held on Saturday 6th July.

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

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. Each leg is effectively a race within a race and there is no baton or hand off. Leg 1 starts from Chipping Campden at 7am and Leg 10 starts from Cold Ashton at 5pm finishing at Bath Royal Avenue. Legs 2 to 10 start at the expected arrival time of the first runner from the previous stage. The start times are published in the 'route information' section of the CWR website.

The event has a limit of 100 teams and if the event is oversubscribed the organisers may limit the number of teams to 3 per club.

Each leg has a cut off time, 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 finish time will be the cut off time plus 15 minutes. If a runner starts but does not finish a stage the cut off time will be applied.

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:- open, women's, mixed (minimum 4 women) and veterans (anyone 40 plus).

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 in that you have volunteers out on the course telling you which way to go. There may be volunteers helping at some of the busy road crossings but it is each competitors responsibility to navigate the route. The route is signposted but the signposts can be easy to miss. Runners can easily go the wrong way. Each leg has a relatively small field of a maximum of 100 and consequently runners can become isolated. Therefore a prior recce is strongly recommended.

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. Presentations are usually made at a post event get together in a local pub.

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.

Selection Criteria for members

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.

Full and second claim 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 £5 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 £5 contribution.

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

Selection criteria for Team Manager(s)

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

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 2024 is 12th March.

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 £5 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. Members must wear a club vest or tee shirt and their race No. If you need new kit please arrange this in good time. A leg captain will be required.

Arrange on the day travel arrangements. Ensure you have plenty of time to arrive at your leg start location 45 mins ahead of time. 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.

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. 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.

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.

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