

**Saturday 13<sup>th</sup> July 2024**

**NGOC '2 by 2' Summer Relay.**

**Start time 11.00am – Mass start.**

**Venue – Toadsmoor Woods, Stroud.**

**Initial details:**

The event will be a 2 by 2 format for teams of two, where each person runs twice. The idea is that teams can be made up of people of any age, in the hope that the course length for each age is adapted to level the playing field.

Two of each of the following courses. The distance given is the straight line length, adjusted to include the climb, where 10 metres of climb is equivalent to 100 metres distance.

Number	Equivalent course	Level	Length (inc. climb) KM's	Age Classes
1	Brown	TD5	3.4	M18, M20, M21, M35, M40, M45
2	Blue	TD5	3.0	M50, M55, M60, M16 and under W18, W20, W21, W35, W40
3	Green	TD5	2.5	M65, M70 W45, W50, W55
4	Short Green	TD5	1.8	M75+ W60+
5	Orange	TD3	1.6	Juniors who normally run orange Adults who normally run orange Adult beginners
6	Yellow	TD2	1.1	Juniors who normally run yellow

The 2 courses will not necessarily have identical length, but when added together should be about double the length quoted in the table. As this is an early event notification, courses are still in the planning phase.

Those taking part will automatically be given the course for their age category, except where they have specifically asked for a different course. People can only 'run-up' a course, not down, unless they are young or inexperienced, in which case they are allowed to do yellow or orange.

**Start/Finish/Download**

As this is a relay, the event area will provide a visible last control which will be about 75 mtrs from the finish, allowing team members to prepare for the off!!

Start, finish and event area will be close together.

It will be a mass-start without the need for people to dib at the start of each leg, although late arrivals will be able to dib to over-ride the mass-start time.

At the end of their leg, each person will hand-over to their team member and then dib the finish to give their finish time and the start time of their partner.

## Entries

Will be via Fabian 4.

People without 'any friends' or means of contacting others can enter as an individual, to be placed in a pool for random allocation of partners. The allocation will attempt to pair people with others from the same club, although this may not be possible in all cases.

## Process

On arrival, each team will meet up and collect their bibs and pins to pin it to their tops. There will be a meeting point for team members to group.

Please note that there will be an information tent, but due to land owner constraints, no other club tents are allowed on the area.

On arrival, all runners will be given their first map, folded and sealed with a piece of tape, so they can't look at it before they start. At the map issue point, there will be a list of teams and team members, with the allocated course order for each runner, e.g. Blue1-Blue2 or Orange2-Orange1 etc.

The first runners set off on their first leg in a mass-start at the published time. There will be a large taped start pen. Runners should then enter the pen some minutes before they expect their team mate to return, setting off as soon as they are tagged. The in-coming runner then proceeds to punch the finish control before downloading. At download, they will be given their second map. As this is a fun event, we request that runners who have completed their course do not share their maps with runners who have yet to go out nor do they open their second map until they have been tagged and are off on their second leg.

Courses will be allocated such that half of the runners complete course 1 first and the other half complete course 2 first. This will make it more difficult to follow others.

## Results

Two sets of results will be published. The main one will be the relay results, i.e. the overall time for each team. The second set will be individual results per course.

## Parking

Hard standing or grass about half a mile from the event start area.  
Mass start of 11am so please arrive in time.

Map Scale – 1:5000, Contours 5m.

Planner – Ian Phillips 07766193953 [Ir.phillips@btinternet.com](mailto:Ir.phillips@btinternet.com)