

HARTLEY RELAYS - SUN 17 NOV 2024

Final Briefing – 8 Nov 2024



Please note: updates or changes to the initial briefing (27 Sep) are highlighted in red.

Beacon Runners are looking forward to hosting this year's relays at the perfectly picturesque [Silversands Park](#), adjacent to Silversands beach, Aberdour, Fife. **NB For anyone who ran in the 2012 event, this is a different venue.**

I'll be the principal race contact, via beaconrunclub@gmail.com, Facebook Messenger personally or through the Hartley Cup 2024 Facebook page. **For any last minute stuff my mobile is: 07732 327724.**

For background, especially for anyone unfamiliar with the race history, ethos and rules, please read the **Hartley Relays Event Plan** (sent previously).

Final details for the event are set out below. We have around 40 teams planning to attend. If you have not already done so please can club contacts confirm, on the Hartley Cup 2024 FB page, how many of each category (Sen Men; Sen Women; Sen Mixed; U18 Mixed; U14 Mixed) you intend to bring ASAP.

Please see info below and do not hesitate to contact me if you have any questions.

1. **Registration:** will be at Race HQ, **from 9:45-10:30** in [Aberdour Primary School](#). What3words ref [here](#). **A completed Team Entry form** should be submitted for each team taking part, signed and dated by each runner in the team. **A completed Parental / Guardian Permission form** also needs to be submitted for each runner aged **under 16** on race day (whether running in a junior or senior team) in order for them to take part. **These forms are available on the Hartley Cup 2024 FB page (uploaded 1st Nov)**. Numbers and timing sheets for each team will be provided at Registration, plus safety pins (though they are a bit small so if you have your own that will help).

2. **Note that no race parking is permitted in the Primary School or playing fields and that all runners should use the Public car-park on Hawkcraig Road** (see para 10 and attached site map).

3. **Cost: £2 per adult runner ie £10 per team. Payable in cash on the day at registration or by bank transfer to our club account (details below).** NB if paying by cash on day please bring exact amount as we won't have a float. There is no cost for runners in junior teams. The account details for bank transfers are as follows (and, yes, it is our Club Account not my holiday fund): **please use your club name as reference:**

Name: Robert Lees. Bank: Royal Bank of Scotland. Sort Code: 83-16-23. Account No: 00172801

4. **Team categories:**

- Senior men;
- Senior women;
- Senior mixed (**minimum 2 women**);
- U18s mixed; and
- U14 mixed.

Note:

- U14 and U18s are based on **ages on the day**. To be clear, **this means that U18s must be 17 or under on race day**. If they have reached their 18th birthday, they must run for an adult team.
- The same approach applies to U14 teams: a U14 is 13 or younger on race day; 14-year-olds run for a U18 (or adult!) team.

- There is a **minimum runner age of 10, on race day.**
- **Junior teams may be mixed in any ratio** – there are no male / female junior team categories.

5. **Eligibility:** Paragraphs 10-12 of the previously provided Event Plan outline the eligibility criteria for competitors. It is essential that clubs adhere to these guidelines. The Hartley Relays are run on trust: host clubs do not have the capacity to vet the age or affiliation of individual runners, so for the fair running of the race, we trust each club to only field runners fitting with these criteria.

6. **Race details:** 5 people per team. All senior and junior runners (inc U14s) will run 2 x 1 mile, **runner A running laps 1 and 6; runner B laps 2 and 7 etc.** Runners run each lap in the same order (the order may not be switched for the second lap). **Race numbers provided at Registration will be labelled: A,B,C,D,E and runners should compete in this order.** No runner may run more than 2 laps. If (eg because of injury or illness on the day) a runner cannot complete one or both of their laps, a team member may run that for them but this must be stated clearly on the team's results sheet and that team will not be eligible for any prizes. No runner can compete for two teams.

7. **Route:** The race route is entirely on grass (playing field) with gradual climbs and descents throughout and a testing wee uphill sprint through trees to the end. **Trail shoes are strongly recommended especially if it's been raining.** The route follows the perimeter of two fields and will be marked by white stakes with barrier tape at each turning point (see route marker pic at end) – **runners must run round the outside of these markers.** The route is indicated on the site map at the end of this briefing. We have also created a Strava Segment for the circuit: see <https://www.strava.com/segments/38011686> A free swim in the sea at the nearby beach is available to all competitors.

8. **Gazebos:** We encourage all clubs to bring a gazebo to shelter in, in the unlikely event it is cold, wet and windy on race day. These can be pitched on the playing fields near to the start / finish / changeover point, indicated on the site map.

9. **Prizes:** One trophy per category. Prizes for overall fastest legs: fastest man, fastest woman, fastest U18 boy and girl, fastest U14 girl and boy. **NOTE: the fastest U18 and U14 prizes will be awarded to runners in these age groups even if running in a Senior Team, so as not to penalize those juniors racing for clubs unable to field a full U18 or U14 team.**

10. **Parking:** Extensive parking is available in the public car-park off Hawkcraig Road (see Site Map), which is free at this time of the year and right next to the playing field / race route. What3words link: <https://w3w.co/shipwreck.everybody.condiment> No race parking is permitted directly on Hawkcraig Road, at the Primary School or on the playing fields. In the unlikely event of the car-park being full further spaces are available down by the shore or at Aberdour Railway Station. **Note that a youth football match will be underway at Hawkcraig Park next to our race route when you arrive (see site map). Supporters will be parked next to the football pitch but all runners must park further down the road in the public car-park described above: this will be sign-posted.**

11. **Race timing:** Teams are responsible for recording own leg times. We have a race clock, courtesy of Kinross RR, available on the day, which should be used for this. **As a back-up we also recommend that someone from or for each team also keeps a watch running for the duration of the race.** It is strongly suggested that each team nominates one person responsible for its race timing and that an accompanying adult fulfils this for Junior teams.

12. **First Aid:** will be provided on-site by St Andrews First Aid.

13. **Toilets:** these are available in the primary school and will be accessible before, during and after the race. Please, no matter the urge, **do not use the trees and bushes around the park for this purpose:** the good people of Aberdour will object and we will get a load of grief long after you've gone home.

14. **Food and refreshments:** In the tradition of the Hartleys, food and refreshments – a "light lunch" - will be available in the adjacent Primary School (Race HQ), after the race, ca 12:30. **While there is no charge for this a bowl will be left out for any donations clubs may wish to make to help us recoup some of the costs.**

15. **OTHER RANDOM STUFF**

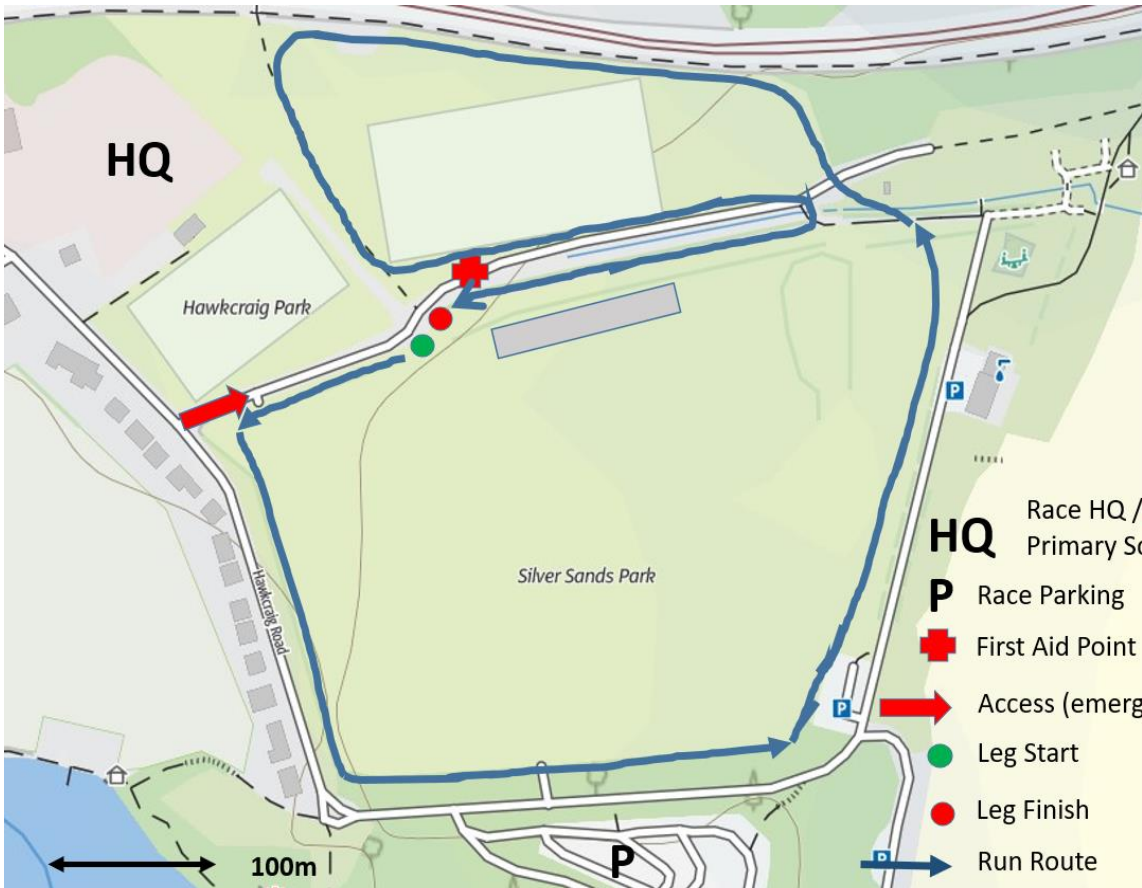
- **Race HQ / Toilets / Food** are all located in Aberdour Primary School and will be signed. **Unsurprisingly all other areas of the school including classrooms and offices are out of bounds** – please respect this.
- **Litter:** we will provide each club with a black bin bag and would appreciate if you could take your rubbish, if any, away with you at the end.
- **Drinks Cups:** we will have some disposable cups but if runners are able to bring their own re-usable mugs that will save waste.
- **TROPHIES!!!** Please can all those clubs currently holding race trophies remember to bring them to the race, and leave them off at Registration.

16. **Dates and timings:**

Sun 20 th October	Initial deadline for indicative team numbers
Thu 7 th November	Final deadline for team numbers
Sun 17 th November	Race date
0945-10:30	Registration
1100	Race start
1230 (from)	Food/refreshments served
1300	Junior and Senior Prize giving

George Lees, Beacon Runners, 8th November 2024

SITE MAP



HARTLEY RELAYS 2024 Site Map



ROUTE MARKER (MINUS DOG)

STRAVA SEGMENT OF ROUTE

HR mile 2024 ☆

Run Segment Scotland, United Kingdom

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
1.02mi	86ft	-0.2%	46ft	105ft	59ft

13 Attempts By 7 People | Starred by 1 Person

