

FAQs

Long-short relay: 8th October 2023

What is the long-short relay?

The long-short relay is a fun club run that starts and ends at Royston Heath. There are 5 sections, to be run by 5 different people. The run is held in memory of Vince's dad, Clive Long, one of the founding members of Royston Runners. All monies raised go towards the club's official charity.

Who can take part?

Anyone can take part and we encourage all runners to participate as long as they are part of a team of at least 5 people. You can enter as a male team, a female team or a mixed team.

How many people are in a team?

The minimum number of people in each team is 5, but as mentioned above, if you want to break some of the sections up to run shorter distances that is fine if the total distance is covered. NB. If team consists of more than 5 people, they will not be considered for a medal but hopefully they will have had fun taking part.

How many males/ females are allowed in a mixed team?

We ask for a mix of 3/2, so either 3 men and 2 ladies, or 3 ladies and 2 men.

I don't have a team, can I still take part?

We do have some people who would like to take part but don't have enough for a whole team. Do get in touch if this is you and we will do our best to connect you to other potential team members.

How long is it in total?

The total route is around 39 miles. The full route can be found <https://www.plotaroute.com/route/1436041>

How long is each section of the route?

The route is split into 5 parts.

Part 1: Therfield Heath to Sandon: 8.1 miles / 13.1km <https://www.plotaroute.com/route/1436051>

Part 2: Sandon to Buckland: 6.5 miles / 10.5km <https://www.plotaroute.com/route/1436044>

Part 3: Buckland to Langley Lower Green: 9.1 miles / 14.7km
<https://www.plotaroute.com/route/1436045>

Part 4: Langley Lower Green to Elmdon: 5.2 miles / 8.4 km
<https://www.plotaroute.com/route/1436046>

Part 5: Elmdon to Therfield Heath: 9.6 miles / 15.5 km <https://www.plotaroute.com/route/1436047>

I can't run those sorts of distances, can I still take part?

You can split a part into 2, as long as the total distance is run.

How long will the run take?

The aim is for everyone to finish at 2pm so the start time will depend on the expected time for each segment. In the past runners have started as early as 6am but it really depends on predicted race times.

Is there a cut off time for the event?

There isn't a cut of time for the event but ideally groups will be finished by 2pm

How will I know the route?

You can access the route online. Each team will also be given a map and instructions for the route on the day. The route will also be clearly signposted on the day with arrows.

What if I get lost?

You will be given detailed instructions on the route and can study in advance. You can also reach out to your team mates on the day to help find where you are and get you back on track! The route will also be clearly signposted!

How do I get back to the heath after my section? Or What will I do once I've finished my part of the run?

Once you have finished your part of the run, the idea is that you will join the rest of your team in a car share/ on your bike and encourage the next team member.

What do the rest of the team do while a member of their team is running?

The long-short relay is a real team run, this is what makes the run so much fun and keeps people coming back. The rest of the relay team can track/encourage other members of their team by car/ bike.

I'm not available all day, can I just run my part and then go home?

This is very much a team run so the idea is that all members start and finish together, but we understand that people have lots of different commitments so as long as it's agreed with the rest of the team, individuals can just run their part.

How are the winning team chosen?

The winning team is chosen by the time taken by each part of the relay. The winning team is the nearest to their estimated time.

What will the winning team receive?

There is a trophy for the winning teams in each category!

How do we record the time for each part/ runner?

The team captain is responsible for recording the time for each segment and will be given a sheet to record details.

How do I enter?

Fill in the form to enter your team and email it to peterworsey@gmail.com.

How much it is to enter?

It's £10 per person (£50 per team). All monies go to the Royston Runners official charity.

How do I pay the entry fee?

Please pay by bank transfer to RR account 30766941 sort code 20-73-26 ref 'LSR -Captains surname.

Any tips?

If you are starting early you may need to take a head torch with you as you run across the heath, but you will be greeted with a beautiful sunrise as you progress to Therfield.

Teams should also arrange to have their own supply of snacks and drinks for the day.

Why should I take part?

Royston Runner Maureen Miller says 'This is a great fun event for all abilities, plus all the proceeds go to our Club Charity. Each run is very scenic going through North and East Herts and South Cambs - such beautiful countryside. Those taking part are guaranteed to have great fun following and supporting your teammates around the course. Overall, I would say that the race is a day full of lots of support and laughter – I would encourage everyone to consider taking part.