

Long Short Relay
Sunday 8th October
2023



Members Briefing – 30th August 2023 by Zoom

What we will cover

- Introductions/housekeeping
- Background to the event
- The course
- The format and what happens on the day
- How to enter
- Q+A

Housekeeping

- Please mute
- Use Chat to log your questions – we can pause and also run through them at the end of the session
- The session will be recorded
- Slides will be available on the RR website along with entry forms etc..

Background to the event

- First held in 1997 in memory of Clive Long (Vince's dad) who passed away in 1996
- Clive was a founding member of RR in the mid 80's and then moved to join Metro's club in Pinner, Middlesex in the 1990's
- Between 1997 and 2005 it was a joint club event starting in Pinner and finishing at the Heath in Royston
- After that it moved to a course in the countryside surrounding Royston where it has been held each year since

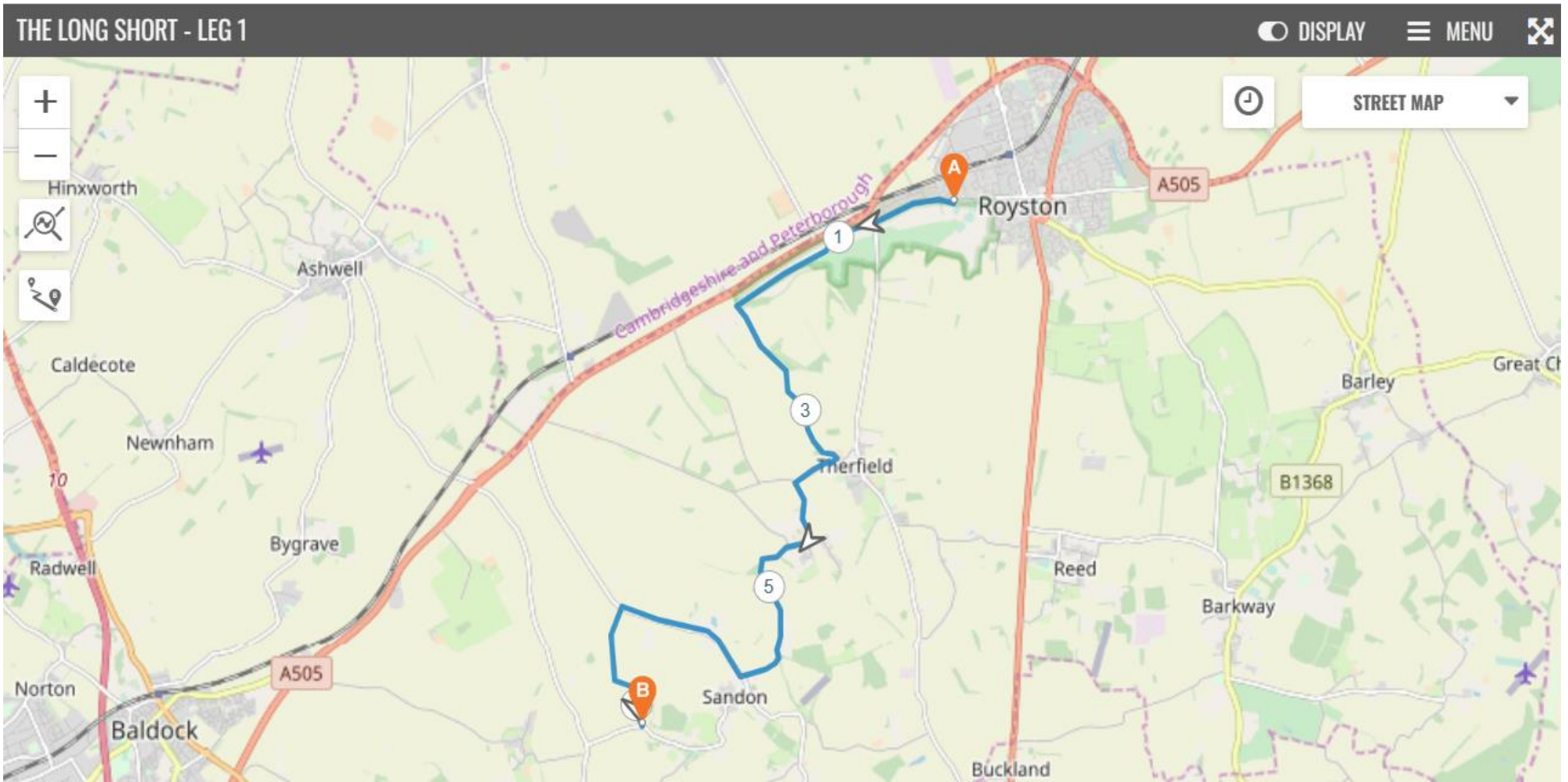
Ethos of the event

- First and foremost it is a fun event open to all RR members and guests of all abilities
- It is run on a great course that would have appealed to Clive
- It is run in teams so has an element of friendly competition with trophies to be won!
- It promotes team spirit who support each other on the day
- It is an interclub event so is low key in terms of organisation (doesn't require permits, marshals etc.)

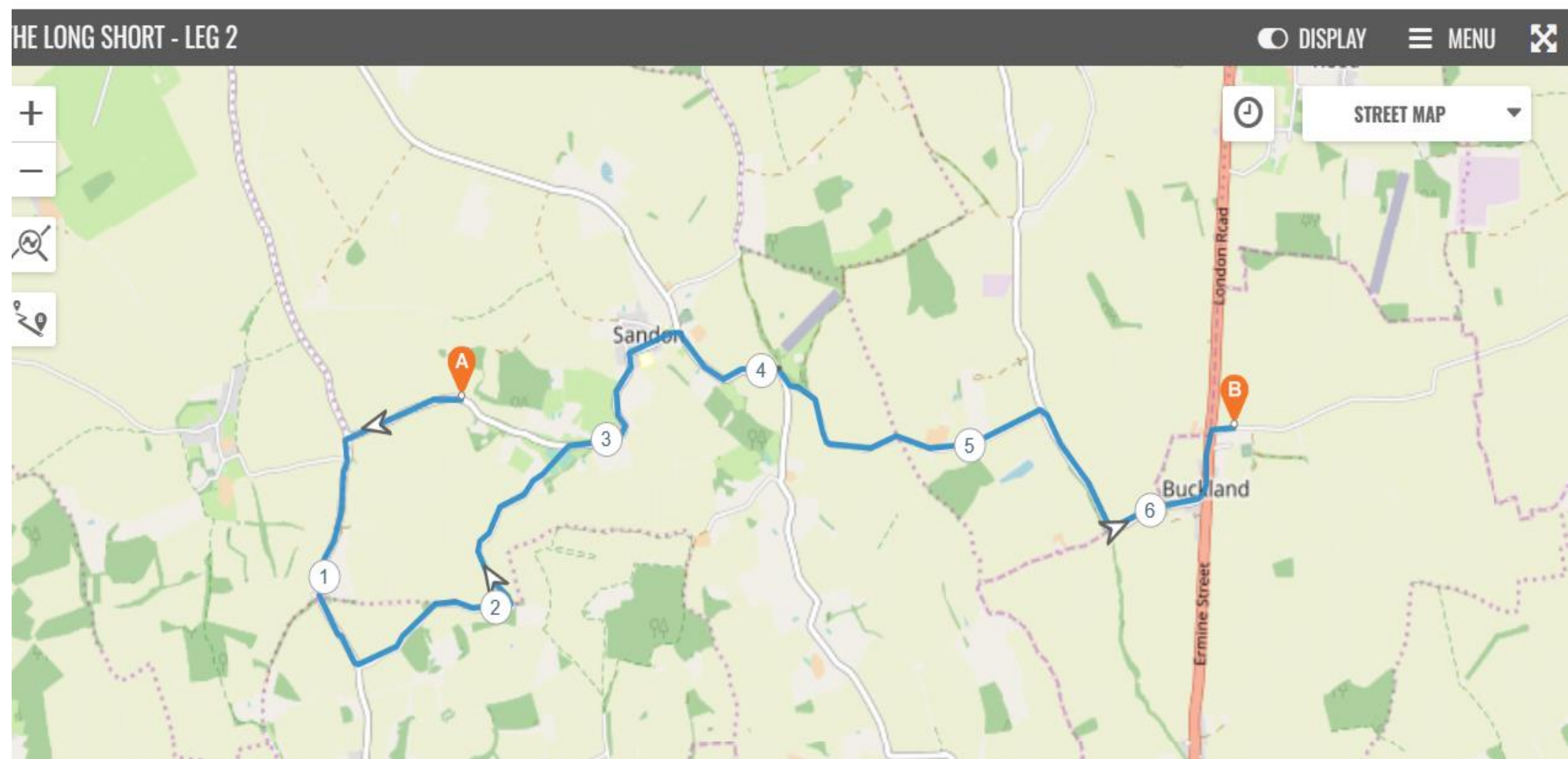
The course

- 5 legs of variable distance – mainly on road but some off road
- 38.5 miles/63k in total
- Course is well marked
- Maps and instructions provided
- Links to plot a route map for each leg on last slide

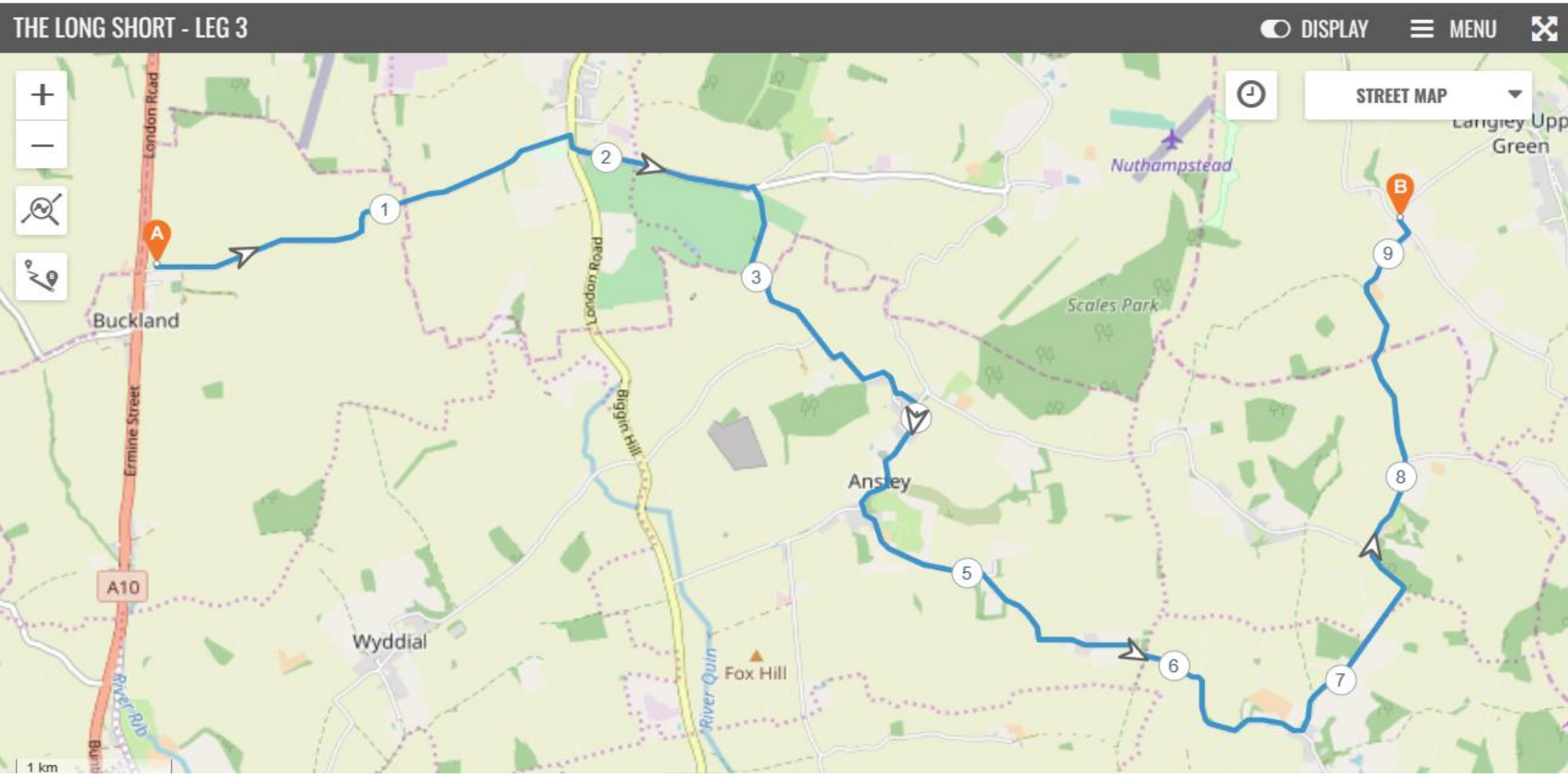
Leg 1: Therfield Heath to Sandon: 8.1 miles /13.1km



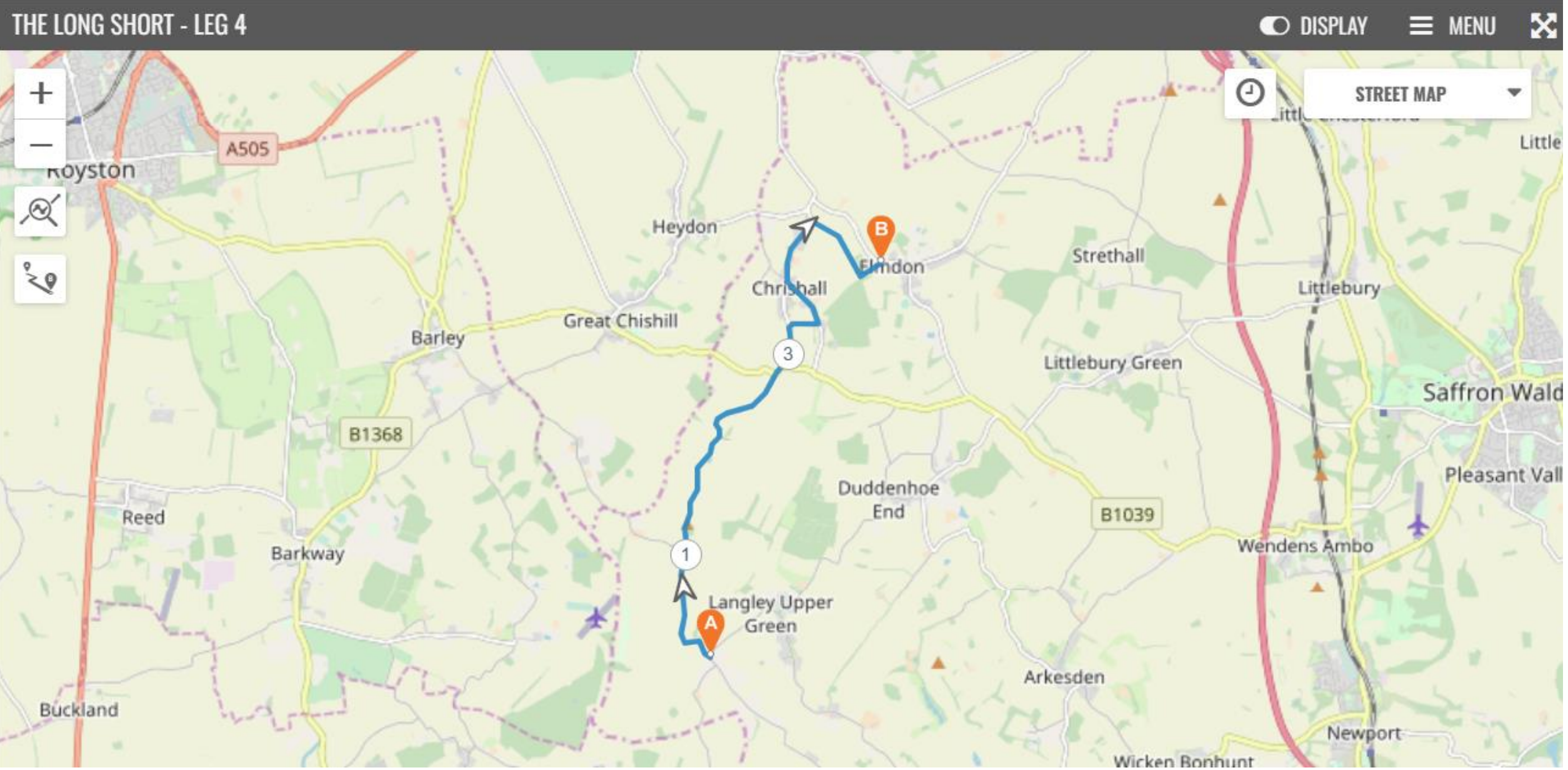
Leg 2: Sandon to Buckland: 6.5 miles / 10.5km



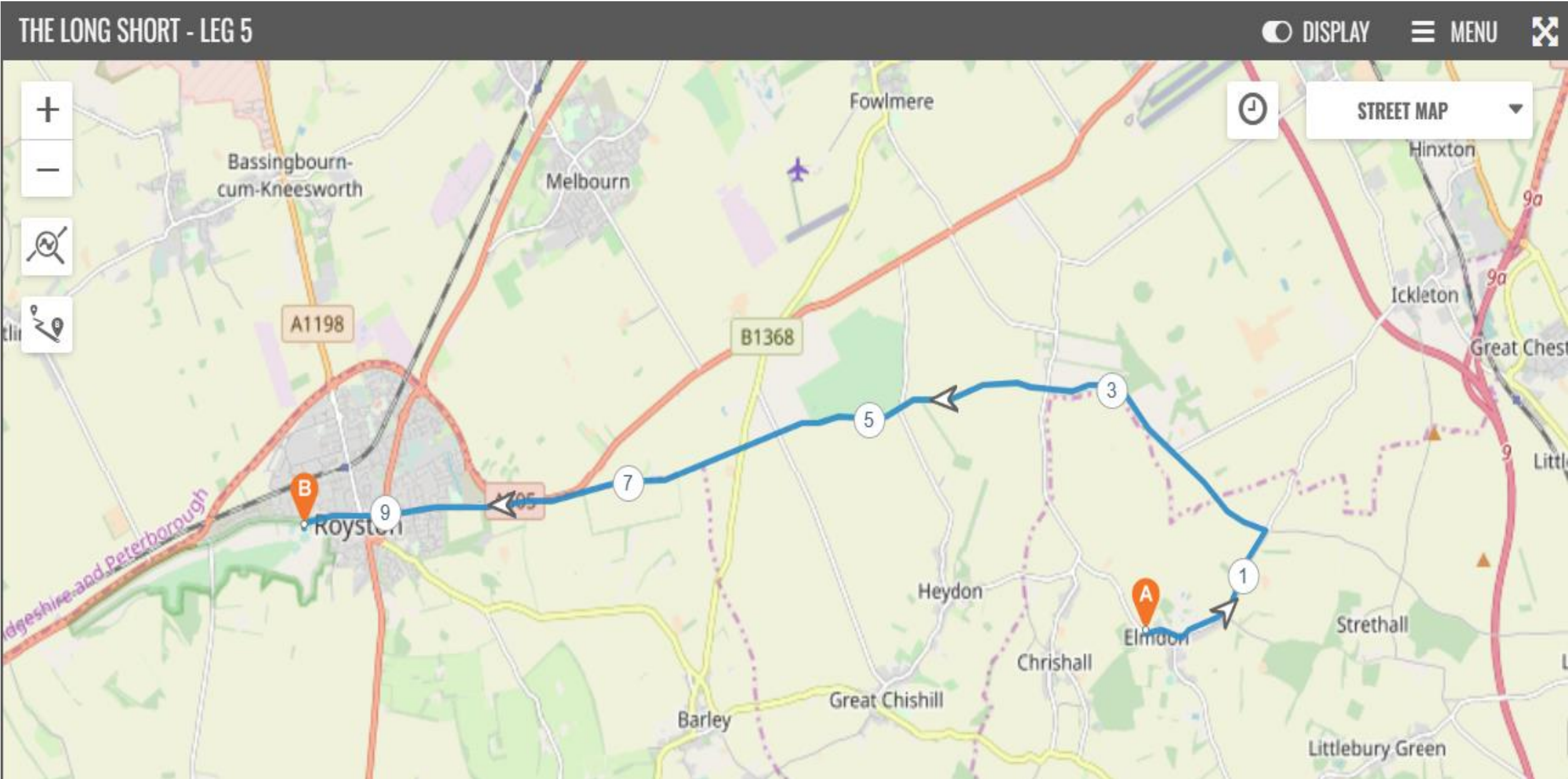
Leg 3: Buckland to Langley Green: 9.1 miles /14.7km



Leg 4: Langley Green to Elmdon: 5.2 miles / 8.4 km



Leg 5: Elmdon to Therfield Heath: 9.6 miles / 15.5 km



Format of the event

- It is run in teams of five – all male, all female or mixed (mixed teams should have min of two male or female runners ideally but can be flexible)
- Each team appoints a captain who is responsible for organising their team entry and coordinating them on the day
- The team agrees who is going to run each leg (this can be split between more than one runner within the team if required)
- Each runner estimates their time to run each leg (realistic times please!) which collectively determines the teams start time
- The aim of for all teams to finish at or as near to 2pm so start times are based on the above estimated times – e.g. a team estimating 7 hours to complete the whole course would start at 7am to finish at 2pm

Format of the event continued

- The actual start time of each leg is recorded by each team and then a final finish time on the forms provided.
- This is then used to determine the final scoring – the team that is closest to their estimated time would win for their category
- Each team has a vehicle to carry runners to each start point and support their team on the course – bikes can also be used to accompany the runners if you so wish
- The event can take up to 8 hours so food, drink, change of clothing etc. is required
- Not all team members need to stay for the whole duration – this can be agreed within your teams

How to enter

- Start forming your teams now! – male, female or mixed – or let us know if you want to join a team and we will find you one!
- Appoint a team captain
- Agree a team name (the more whacky the better!)
- Complete the entry form and return it to peterworsey@gmail.com
- Pay the entry fee of £50 per team (£10 for each runner) – by bank transfer (preferred) or cheque/cash on the day – all proceeds go to the RR nominated charity
- Entry packs will be handed to the captains on the day which include maps/directions and score sheet

Long Short Entry Form - Sunday 8th October

Team Name	
Category (M/F/Mixed)	
Team Captain	

	Category (M/F)	Name	Estimated time for leg (hh:mm:ss)	Example
Stage 1				01:32:00
Stage 2				00:55:00
Stage 3				01:40:00
Stage 4				01:05:00
Stage 5				01:25:00

Total Time		06:37:00
Start Time (Finishing at 2pm)		07:23:00 AM

Provisional Team entries so far

1. Isabel Marriage – mixed team
2. Libby Mitchell – mixed team
3. Lauren Reilly – mixed team
4. Maureen Miller – ladies team
5. Lynne Hayes – ladies team
6. Kim Monti – ladies team
7. Graham Hill – men's team

Q + A

The course – 63k in total

- Leg 1: Therfield Heath to Sandon: 8.1 miles / 13.1km - [The Long Short - Leg 1 - 13km Running Route near Royston \(ID: 1436051\) \(plotaroute.com\)](#)
- Leg 2: Sandon to Buckland: 6.5 miles / 10.5km - [The Long Short - Leg 2 - 11km Running Route near Sandon \(ID: 1436044\) \(plotaroute.com\)](#)
- Leg 3: Buckland to Langley Lower Green: 9.1 miles / 14.7km - [The Long Short - Leg 3 - 15km Running Route near Reed \(ID: 1436045\) \(plotaroute.com\)](#)
- Leg 4: Langley Lower Green to Elmdon: 5.2 miles / 8.4 km - [The Long Short - Leg 4 - 8km Running Route near Langley Lower Green \(ID: 1436046\) \(plotaroute.com\)](#)
- Leg 5: Elmdon to Therfield Heath: 9.6 miles / 15.5 km - [The Long Short - Leg 5 - 16km Running Route near Elmdon \(ID: 1436047\) \(plotaroute.com\)](#)