

## **FAQs Long-short relay**

### **What is the long-short relay?**

The long-short relay is a fun club run that starts and end 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.

### **What time do we start?**

Your start time depends on the time you estimate that it will take your team to complete the course. The aim to finish at **2pm** so if you think your team can run the course in 6 hours you will need to start at 8am. **Please make sure the times you put down are realistic.** Take into account whether the leg you are running is on or off road.

### **Is there a cut off time for the event?**

There isn't a cut of time for the event but as mentioned above 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.

### **Do we need a car?**

Yes, you will need one car per team. When the first runner sets off you can drive to various parts of the route to cheer them on and you need to transport the next runner to the start of their leg and pick up the runner who has just completed their run.

There are driving instructions to help you find your way round the course. Be aware that some of the roads are very narrow.

### **Do we need a bike?**

No, a bike is not a requirement. Some people choose to cycle alongside their teammates to provide support and help them find the way. Be aware that you are not allowed to cycle on the Heath and there may be restrictions on other parts of the route. A mountain bike would be recommended.

### **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 (see above).

### **Do we need to be out for the whole event?**

No, you don't need to stay out for the entire event, but people usually do. It is a really enjoyable day, following your team round, cheering them on and running your own leg. If

you can't be out for the whole day, you could think about running the first leg and then coming to the Heath to cheer your team home.

### **How are the winning team chosen?**

The winning team is chosen by their total time taken. A handicap will be added at the end to the faster groups to make it fairer across the board. Results will be announced within a few days of the event

### **What will the winning team receive?**

There are trophies for the winning team!

### **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?**

Contact Pete Worsley ([peterworsley@ntlworld.com](mailto:peterworsley@ntlworld.com)) or Maureen Miller ([m\\_miller287@hotmail.com](mailto:m_miller287@hotmail.com)) to register your team.

### **How much it is to enter?**

Entry is £10 per person (£50 per team). All monies go to the Royston Runners official charity.

### **How do I pay the entry fee?**

You can bring money to the club or if you want to pay by online banking then we can provide banking details. You can decide which is easiest once you have registered.

### **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.