Footpath Relay 2015

Saturday June 27th

Event Centre: Matlock Rugby Club, Cromford

This year the Footpath Relay will be 10 legs around the footpaths of the Peak District. Legs are of different lengths and up and downs - the idea is to have a team of males and females, young and elder. It has been designed to suit all runners.

Your team should ideally consist of 10 different runners but there are no rules against anyone running twice or even more times. A handicap system will be in place to encourage teams to field a mixture of young/old and male/female. Each team needs to score a minimum of 14 points based on the following criteria –

Men Women

M12- 4 W12- 5

M14 3 W14 4

M16 2 W16 3

M18 1 W18 2

M20, 21, 35 0 W20, 21, 35 1

M40, 45 1 W40, 45 2

M50, 55 2 W50, 55 3

M60, 65 3 W60, 65 4

M70+ 4 W70+ 5

The event centre is the clubhouse at Matlock Rugby Club (Cromford) where legs 1, 3, 6 and 9 start from and legs 2, 5, 8 and 10 finish.

There will be a Caravan Club using the rugby fields over the weekend so we should have some extra spectators.

STARTS

This year we have decided to have one mass start for all teams.

Legs 1 and 6 will start at 10.30am

Each loop has five legs. Note that within a loop, a return to Cromford will be made. It is hoped this will give spectators and runners an interest in the race as it progresses.

We hope that this format will lead to a steady stream of finishers from early afternoon.

Please note: Legs 3 and 8 have no road crossings and can be safely run by juniors.

Stuart Swalwell

Ashbourne Rugby Club