



## WESSEX HARDY RELAY

Sunday 25 July 2010

This is one of the Summer Series of relays staged by clubs within the South West region vying for the "Chairman's Trophy". **However it is open to all clubs. Individuals are also welcome to tackle one of the colour coded courses as a normal orienteering event.**

The event is at Upton Country Park:  
<http://www.uptoncountrypark.org/ucp-location.html>

Follow signs to assembly (behind the peacock enclosure) from the main car park.

There is both a Senior (team of 4) and Junior (team of 3) relay:

Senior:           There are 3 courses:  
                  A. Green of 2.6km  
                  B. Light Green of 2.6km  
                  C. Orange of 1.8km

Course A must be run twice (by a different team member) and courses B & C each four times (i.e. by every member of the team).

Junior:           There are 3 courses: Team of 3, total BOF ages less than 48 with no team member aged more than 18.  
                  C. Orange of 1.8km  
                  D. Yellow of 1.3km  
                  E. White of 1.3km

Each course must be run twice. No team member can run a course more than once. Every member must run at least one course.

Veteran:           There are 3 courses: Team of 3, total Handicap of 44 or more  
                  B. Light Green of 2.6km  
                  C. Orange of 1.8km  
                  D. Yellow of 1.3km

Each course must be run twice. No team member can run a course more than once. Every member must run at least one course.

Start times will be calculated by taking the total team handicap away from the base time of 14:00.

The event will be using SI and a dibber will be attached to each map. This must be used by all competitors running that course. You must ensure that only the first runner on each course dibs at the start control and the last runner on each course

dibs at the finish control. All other runners will dib at the first control on their course and the last control on their course.

The Map is waterproof with the dibber attached.

Please complete a registration form (below and also available on the morning) for each team and take it to registration well before your start time.

BOF AGE	Handicap	BOF AGE	Handicap	BOF AGE	Handicap
M10	18	M60	13	W35	8
M12	12	M65	16	W40	9
M14	9	M70	18	W45	10
M16	6	M75	20	W50	12
M18	3	M80+	22	W55	15
M20	1	W10	18	W60	18
M21	0	W12	14	W65	21
M35	3	W14	11	W70	23
M40	4	W16	9	W75	25
M45	5	W18	8	W80+	28
M50	7	W20	6		
M55	10	W21	5		

As an example a team consisting of four M40 competitors would have a total handicap of 16 minutes, giving a start time of 13:44 (14:00 less 16).

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**HARDY RELAY REGISTRATION FORM**

Please complete a form for each team and hand to registration as soon as possible so that we can confirm your start time.

Team Name.....Club.....

Runner 1	Age group	Handicap
Runner 2	Age group	Handicap
Runner 3	Age group	Handicap
Runner 4	Age group	Handicap

Total Handicap

Start Time