

Dear Team Captain,

Thanks for your entry for this year's Simon Wake Comrie Hills Relay. We're delighted to say that we have had a great response this year and are expecting around 35 teams to be taking part with good competition in all 5 categories.

As part of the registration process, you will have seen and agreed to all of the race rules and safety requirements. As an added reminder, here are a few key points we'd also like you to be aware of to ensure the day goes well for you and your teams, the race itself and the landowners and residents of the Glen Lednock where our race takes place.

Please read ALL the information below – it's quite long but it is all important stuff to do with electronic timing, extra river crossings, parking, shuttle bus, toilets, kit-checks, changes to Checkpoint 4, and, of course, safety, so do ensure you and your teams are aware of it all.

We're all really looking forward to seeing you and your teams on Sunday. If you have any questions in the meantime, please just let me know.

Thanks and best wishes

Phil Mestecky

Race Director, Simon Wake Comrie Hills Relay 2024

1	Final Teams & SA Numbers	To help make registration on the day easier and ensure we have complete information to pass on to our marshals and timekeepers, if there have been any changes to your teams compared to your SI Entries sign-up, please could you send an email by return containing the following information: <ul style="list-style-type: none">• Team name• Team category (e.g. Male, Female, Mixed, VM40, VF40) Then, for each runner: <ul style="list-style-type: none">• Leg number• First Name/Surname• Age• SA Number NB. Please make every effort to include as many SA numbers as possible , as we need to pay a £2 levy to Scottish Athletics for each non-SA-member and this comes straight off our donation to charity.
2	Arrival / Registration /Parking	The race starts at 10.00am. Registration opens at 9.00 and closes at 9.45 promptly! For safety reasons, only teams registered by 9.45 will be included in the race. Parking will be on the grass at Laggan Park* (adjacent to the pavilion). No parking in the car park with the recycling containers please – this is reserved for church-goers. <i>*If the weather is bad and the grass field is waterlogged, you will be directed to alternative parking at Comrie Primary School (PH6 2LZ).</i>
3	Safety	General The race is on varying terrain and degrees of wilderness. Legs 1 & 4 are "trail runs" with the majority on good tracks & paths. There are course markings at key junctions and where there may be some doubt of confusion about the route. Legs 2 & 3 are "hill runs". Runners will be expected to be competent and experienced in route finding and navigation. Leg 2 will be unmarked; Leg 3 has one marked section. All legs have a range of hazards that are typical on trail and hill routes. River crossings Leg 4 has a burn crossing ankle/calf deep with slippery, concealed rocks. In 2024, Shaky Bridge is not in situ and so there is also a river crossing on leg 1 and a second

one on leg 4. This crossing is approx 15m wide and water level is approx ankle/calf deep with submerged slippery rocks. A rope will be set up across the river and marshals will be on hand to advise and support.

Injured runners

Marshals will be stationed at most of the checkpoints and certain other key locations on the course. They will be provided with first-aid kits. In the event that a runner is injured, they must make their way to the nearest marshal to inform them of their withdrawal from the race and, if required, make use of the 1st aid equipment. NB We do not require that our marshals provide first aid support for you. Stirling First Aid will be patrolling the Glen Lednock Road and will be on hand to provide first aid to injured runners once they have come down off the hill.

Lost runners

If one of your team becomes lost and fails to arrive at the handover within a reasonable time period beyond your expectations, please report that to the Race Director via one of the marshals. The Race Director will a) communicate via radio with marshals on the route to determine last known position and b) inform Mountain Rescue and take direction from them.

Checkpoints and SI timing

New for 2024 we will be using electronic timing from SI Systems. Leg 1 runners will be given a "dibber". This must be inserted into each checkpoint control box which will emit a beep when it has registered. The final control box for each leg is at the handover (or Finish of leg 4). After registering at the handover, the "dibber" is then handed on to the leg 2 runner and so on until the 4th runner. The 4th runner must take the dibber to the download station at the end of the race. **It is crucial that all dibbers are returned to the download station! Penalty for non-return of dibbers is £30 each!** Teams that miss a checkpoint are at risk of disqualification.

Mass starts

Legs 3 and 4 have mass starts at 12.30pm and 1.45pm respectively. Any team whose incoming runner has not arrived at the handover by these times will be included in a mass start. They will be handed a new dibber for use at the checkpoints on the subsequent legs. All runners involved in the mass start must "dib-out" at the start of their leg. **All dibbers used in the mass starts must be returned to the download along with the original dibber assigned to leg 1 runners at registration.**

Kit/Kitchecks

For safety, runners are required to carry the following items: map of the area, compass, whistle, full waterproof bodycover, hat, gloves. Irrespective of the weather, runners on legs 2 and 3 are required to have these with them, at all times, during their race. Depending on weather conditions on the day, Leg 1 and 4 runners may not be required to carry these. At registration, team captains will be required to sign a declaration that all their team-mates have the required items and will carry them when/where required. Thereafter, there may be spot-checks of kit for runners before/after their runs. Team disqualification will occur if a) the captain fails to sign the declaration, b) spot-checks identify runners without the correct equipment c) a runner is seen to be running without appropriate kit (ie no bumbag etc).

Bad Weather Alternative

If the weather on the high ground is too dangerous for marshals and runners on legs 2 and 3, a low-level alternative will be used involving two laps of Legs 1 and 4. With Shaky Bridge not in situ this year, if the River Lednock is deemed to be in spate by the RO, an alternative route will be implemented. The revised Leg 1 will be current Leg 4 in reverse as far as Shaky Bridge. Revised Leg 4 will be rerouted to connect with current Leg 1 in reverse.

Ticks

As with many parts of Scotland, ticks are very common in Comrie. The best way to protect against ticks is to wear long clothing which we would strongly encourage you to do. If you choose to wear shorts, do use an effective insect repellent. In addition, immediately after the race, do a thorough tick check and remove any with a specialist

		<p>tick-removing tool. Monitor the bite site for several days afterwards. If the site becomes red, inflamed or shows the classic bullseye rash, seek medical attention without delay.</p>
4	<p>Consideration for landowners and residents</p>	<p>We are hugely indebted to the cooperation and support of the landowners in the area for the race to go ahead each year. Not all landowners are as accommodating! It is important therefore that we repay them by showing the maximum respect and behaving responsibly on their land.</p> <p>Please use the shuttle bus.</p> <p>Our main limit on team numbers is traffic up and down the Glen and limitations on parking. In the interest of reduced traffic as well as general environmental good practice, please car share to the maximum extent possible to the race. Car parking is only available at Invergeldie. To move up and down the glen, please take advantage of the free shuttle bus that will be operating from 10.30 to 2.30. You could consider bringing a bike to get you up and down the glen and/or using the fairly short distances as a warm-up or cool down jog. Please drive and park with consideration and only park as directed by marshals.</p> <p>Toilets</p> <p>Toilets are provided at the start/finish area at Laggan Park and at the Leg 2/3 handover at Invergeldie. No toilets are provided at any of the other handovers on the course. Please respect the land and landowners that have been so cooperative to the race over the years and use the toilet facilities provided!</p> <p>Litter</p> <p>You MUST take all your litter away with you. Do not drop any wrappers or bottles on the course.</p> <p>Gates</p> <p>On most legs there will be gates to pass through. If they are open already, leave them open. If they are closed, make sure you close them behind you. It is NOT bad manners to close a gate after you if there is another runner approaching. It is fair and ensures they also know they need to close the gate.</p> <p>Dogs</p> <p>There will be plenty of livestock around so please keep dogs on a lead at all times. Dogs are not permitted to accompany runners on their legs.</p>
5	<p>Post-race Refreshments etc</p>	<p>Post race food</p> <p>This year we will be providing curry, dahl and soups as well as home-baking to all runners. Food will be available from about 1.00pm. The food is intended primarily for runners and marshals to enjoy. However, hungry supporters are welcome to join in as stocks permit though a (c.£5) donation to our good cause would be appreciated. To save waste, please consider bringing your own mug for teas/coffees etc.</p> <p>Veggie option</p> <p>The curries and dahl will be vegetarian, mild and very tasty! If any of your runners have other dietary requirements, we would ask that they bring their own post-race refreshments. Thanks for your understanding.</p> <p>Prizes and prizegiving</p> <p>As soon as possible after the last teams are in (expected before 3.00pm), we will have the prize-giving. If you or your team are in line for a prize, we really would appreciate it if you could make sure you stay around for it. Team prizes for first men, women, mixed, vet women & vet men. Individual prizes for fastest man & woman on each leg.</p> <p>Donations and Raffle – bring cash</p> <p>Finally, apart from putting on an enjoyable & challenging race, our goal is to raise money for research into pancreatic cancer. This is in memory of our club-mate, Simon Wake, who died in 2008. All proceeds from the day will be given to Tayside NHS Trust for this purpose. This year there will be a raffle with some great prizes or you may prefer to just make a donation. Either way, please do remember to bring some cash along with you.</p>

6	Junior Race	Don't forget that there will be a junior race taking place while we are waiting for the last teams to arrive. This will start and finish at the pavilion and is free to enter. Medals for all finishers and prizes for category winners too.
7	CP 4 on leg 2	Please note that we have corrected the position of CP4 on leg 2 which had somehow drifted over the last few years. It is now approx 250m further along the fenceline than it was last year. Please check the maps and grid references on the website