



THE SIMON WAKE COMRIE HILLS RELAY

Sunday 3rd September 2023



Race information sheet

*PROCEEDS SUPPORT
PANCREATIC CANCER
RESEARCH

TEAM AND MALE & FEMALE LEG WINNER
PRIZES

RAFFLE, FOOD AND
REFRESHMENTS

The Comrie Hills Relay is a 42k relay race with 2,110m of ascent, run in 4 stages for teams of 4 runners. The highly scenic course starts and finishes in Comrie village, Perthshire and follows a route up and around the hills surrounding Glen Lednock. Legs 2 & 3 are on rough mountain terrain. Legs 1 & 4 are challenging trail routes.

**The race is dedicated to the memory of our friend and club mate Simon who died aged 47 in October 2008 after a short battle with pancreatic cancer. All proceeds from the race will be donated to the fight against this terrible disease*

- In 2023 the race starts at 10 am on Sunday 3rd September, with registration from 0830.
- Open to teams of 4 runners, minimum age 18 yo.
- Entry will be limited to 35 teams.
- Entry online at [EntryCentral](https://www.entrycentral.com/SWCHR) until Wednesday 30th August <https://www.entrycentral.com/SWCHR> or when race is full.
- Post-race BBQ, hot drinks and home baking at Laggan Park
- Race Legs: **1.** 11k, 527m ascent – route marked. **2.** 7k, 400m, – unmarked, **3.** 12.6k, 712m, – mostly unmarked. **4.** 11k, 370m, – partly marked.
- Full race information, rules, maps and route notes are at www.strathearnharriers.org.uk.



ORGANISED BY STRATHEARN HARRIERS UNDER UK ATHLETICS RULES

Race Rules

1. All runners must be aged 18 or older on the day of the race.
2. Race cards must be punched at all checkpoints – any team finishing without a fully and correctly punched card will be disqualified. A race map is at www.strathearnharriers.org.uk.
3. Legs are as follows: (Grid refs are on OS 1:50,000 sheet 52)

START Laggan Park Leg 1 1 fork in track 795247 2 path junction 781237 Handover 765241 road	Leg 2 3 Crappich hill 748248 4 junction of fences 738252 5 cattle grid on road at Funtulich 749 263 Handover 743273 Coishavachan	Leg 3 6 fenceline 775295 7 head of Carroglen burn 784283 8 path meets Carroglen track 767253 Handover 749263 Funtulich	Leg 4 9 top of monument hill 766235 10 track junction 750236 11 bridge over burn 757228 12 junction road & path 767232 FINISH Laggan Park
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4. In accordance with the SHR safety code, all entrants must carry and appropriately use windproof and waterproof full body cover, other body cover appropriate to the conditions on the day, map, compass and whistle. The organisers will hold complete or random kit checks, and the team of any runner found without the defined kit will be disqualified.
5. If a runner withdraws during the race through injury, the team can't, of course, be included in the team results, but subsequent runners may continue and will be eligible for their individual leg prizes.
6. To limit the overall time taken by the race, after 2 hours 30 minutes there will be a mass start of any remaining runners for Leg 3. Runners still on Leg 2 should complete the leg, their times will be recorded and the individual leg and total race times for their teams will still count. There may also be a mass start for Leg 4.
7. Team prizes will be awarded only in categories in which at least 3 teams compete.
8. Competitors must not park at the changeover point between Legs 1 and 2. Drop off there only please.
9. At the landowner's request, to avoid disturbing game birds, please do not recce Leg 2 after 1st August
10. Race organiser's decision is final.

Safety instructions for entrants

Prior to the race:

- All entrants are advised to familiarise themselves with the course and are expected to have the necessary skills to cope with navigational problems arising from bad weather conditions.
- **Legs 1 and 4 will be marked, Leg 2 will be unmarked but Legs 3 will have marking from the top of the Land Rover track to CP6 to reduce the risk of errors.** However, markings on the course may not be easily discerned in bad weather conditions and are no substitute for good navigational skills and course reccies.
- Remember that the temperature on the summits can be close to zero at this time of year.
- All entrants must be able to recognise the symptoms of hypothermia and hypoglycaemia.
- If conditions on the day dictate, there will be a low-level alternative or if sufficiently bad the race will be cancelled.

During the race:

- All runners must comply with the SHR safety code and race rules on clothing and equipment.
- Any runner retiring from the race must report to a marshal or other race official. The positions of the marshals shall be made clear to runners before race start. Retiring runners must also report to race control at the finish point. **N.B. This is extremely important as failure may result in emergency services being called out.**
- Any runner who decides that s/he is lost or injured and cannot self-rescue should put on weatherproof cover and blow a whistle 6 times. This to be repeated at 2 minute intervals.
- In the event of a lightning storm over the course all participants are to get off the hill and return to Laggan Park by whatever means available.
- Runners should be aware of the risk tick bites and of the potential for Lyme's Disease. We recommend that you wear body cover appropriately and thoroughly check for ticks immediately after completing your run.
- If you see someone in trouble you **must** help, even if it jeopardises your position in the race.

Parking and racing responsibly and considerately!

- Landowners have kindly allowed the race to take place. Please respect their property and take extra care over walls, fences and gates. Damage will jeopardize future events. Any gates that are closed when you approach them should be closed after you go through. It is also **essential** that no one leaves any litter.
- Please minimize the number of journeys up and down Glen Lednock road, as it's a single track with passing places. There is no parking for competitors at the changeover between legs 1 and 2 – please use this for drop-off and pick-up only. Teams should plan to drop leg 2 runners off and head up to the leg 2/3 changeover point. There is some parking space at the leg 2-3 handover and adequate parking at leg 3-4 – by this stage runners will be fairly well spread out. The Marshal at the changeover for 1/2 will be asking any car that isn't involved in the organisation of the race to move on and we ask you to respect this and park with consideration for other motorists and local residents.

