**Halifax Harriers**

**Eric North Memorial Calderdale Way Relay**

**Race Instructions – 21st May 2017**

**PLEASE NOTE - IMPORTANT INFORMATION FOR THE EVENT**

**This information must be passed to every member of your team.**

**It is the Team Managers responsibility to do this and to confirm that this has happened by emailing**

**entries.calderdalewayrelay@hotmail.co.uk**

**KEY CONTACTS**

Race Organiser: Nick Small (07761 072 146 – nicholas.small@btinternet.com)

Emergency Contact Number on day of race: (**07761 072 146**)

Race Website: <http://www.halifaxharriers.co.uk/club/club-races/calderdale-way-relay/>

Race HQ: Heath Rugby Union Football Club, Stainland Road, Greetland, Halifax HX4 8LS

**IMPORTANT – All runners must familiarise themselves with the FRA Safety Requirements & Rules for Competition which can be found on the FRA Website at http://www.fellrunner.org.uk/documents/2017/FRA%20Requirements%20for%20Runners%202017%2020-09-2016.pdf**

**REQUIRED EQUIPMENT (to be carried by all runners)**

All runners MUST carry all of the following equipment throughout the race:

* WATERPROOF whole body cover (i.e. covering the torso from head to ankles)
* Hat
* Gloves
* Map of the race route and surrounding area
* Compass suitable for navigating the course (GPS type equipment is not acceptable)
* Whistle

All runners must present their kit at race registration for inspection. **No kit, No run.**

All leg-leading runners and at least 10% of other competitors will have their equipment checked on finishing.

Failure to run with the required kit will result in the disqualification of the whole team.

**RETIREMENT PROCEDURE**

Any runner who retires from the race must report to a race marshal at either the start or finish of their leg or contact race control on the emergency number, which is printed on your race number. Failure to do so will mean disqualification of the whole team.

**REGISTRATION AT LEG ONE – THE START**

Arrange for your first leg runners to register between 07:00 and 07.30 at Heath Rugby Union Football Club, Stainland Road, Greetland, Halifax HX4 8LS. The race starts at 8am prompt from the grounds of Clay House opposite the rugby club.

**Please ensure your leg one runners who register your team, bring the completed team list (attached to this email) to registration before the start of the race, N.B. this team list must contain the signature, name, address and telephone numbers of all competitors. Only teams presenting a completed team list will be allowed to compete.**

**LEG REGISTRATION TIMES**

 1, Hinchliffe Arms 08:00 – 0900 3, Blackshaw Head 10:00 – 11:30 5, Shelf 12:00 – 13:30

 2, Todmorden High School 09:00 – 10:30 4, Wainstalls Road 11:00 – 12:30

**LEG CUT OFF TIMES**

 1, Hinchliffe Arms 09.45 3, Blackshaw Head 12.00 5, Shelf 14:00

 2, Todmorden High School 11.00 4, Wainstalls 13:00

**ROAD CROSSING POINTS**

Runners are reminded to take care at road crossings, particularly at

 Ripponden on Leg 1,

 Rochdale Road Todmorden on Leg 2,

 Great care must be taken when crossing the railway line near Todmorden on Leg 2.

 Burnley Road Todmorden on Leg 3,

 Leeds Road after Norwood Green on Leg 6, and

 Brighouse Road (twice) on Leg 6.

Please note – runners starting Leg 3 at the cut off time (11:00) will be held at the Burnley Road crossing until the road is clear.

**RACE RULES**

The race is open to runners 18 years of age or older (16 years or over with parental consent on leg 3).

Mixed teams must have a minimum of 6 female runners in order to qualify for the mixed category. Vets teams must comprise of men aged 40+ or women aged 35+ on the day of the race.

Each leg must be run in pairs, individual runners will not be allowed to run. Runners must finish in pairs and individual runners will be held approx. 100 meters from the leg finish until their partner arrives.

All runners must present their kit for inspection at the start of each leg.

Runners must register in pairs at the start of each leg. Individual runners will not be allowed to register.

Each runner must wear the supplied race number on their chest in a way that is clearly visible to race marshals. Race numbers must not be folded or cut down. Race numbers will be issued at the start of each leg.

Club colours must be worn by UKA registered teams. Other teams must wear matching kit.

If requested to do so, runners must make their kit available for inspection at the end of their leg. Failure to do so will result in disqualification of your entire team from the race.

Where a team has insufficient runners to complete the race, it is permitted for a runner to “double up” and undertake two legs of the race. Runners may only run a maximum of two legs and are still required to register and undergo a kit check at the start of each leg.

If a team discovers that an earlier leg pair have not started or completed their leg, the following pair will be permitted to continue the event by starting at the cut off time. Results will be recorded but without an overall team finishing position.

Where a team has to drop out prior to the race day, we will be unable to offer any refund of the entry fee.

Instructions from race marshals must be followed at all times.

The decision of the race organiser is final and must be obeyed by all runners. Representations in relation to race infringements must be reported to the race organiser by 4pm on the day of the race. Representations will not be accepted after this time.

**ADDITIONAL INFORMATION**

Runners should retain their race number, as this will be required to obtain a free meal and hot drink at the finish at Heath Rugby Club.The bar will also be open from lunchtime**.** Please do not wear your muddy shoes in the rugby club.

Your memento will be given to your Leg One runners at registration.

**Toilet facilities will be available at the start of each leg. Do not use adjacent fields under any circumstances.**

**Runners using fields, roadsides and other inappropriate places as a toilet jeopardise the future of the event, particularly in change over villages like Crag Vale and Blackshaw Head. As a result, runners seen ignoring this instruction risk the disqualification of their team.**

HYPOTHERMIA

This list is only a representation of what may happen, and in what order. Some symptoms may not occur, and the order can be different.

Mild hypothermia - Shivering, cold, pale skin, blue lips and pale, white hands and feet, lethargic

Moderate hypothermia - Violent shivering, slurs words and lacks co-ordination. Beware the ‘Umbles’ – mumbles, fumbles, stumbles, grumbles. Confused, change of personality, difficulty with easy tasks, odd behaviour (e.g. removes clothing)

Severe hypothermia - Shivering stops, cold, pale skin, blue lips, unconscious, unresponsive, rigid muscles, signs of life (breathing, pulse) may seem absent.

What needs to be done for/by a runner suffering from hypothermia?

* Get help – use your whistle!
* Eat sweet food, drink warm drinks – but not coffee or alcohol.
* Don’t feed food to unconscious casualties!
* Get dressed/insulated.
* Change wet clothes for dry if at all possible.
* Get off the hill and seek shelter.
* Notify the race organiser or a marshal.
* Try to stay awake.

Most importantly, do not put yourself at risk to save another (one casualty is better than two).

What is actually possible depends upon the state of the casualty. Notification/getting help is essential, as is insulation from the cold. Do not try to evacuate any unconscious or partly conscious casualty yourself. Try to keep the casualty sheltered and as warm as possible, and wait for a rescue team.

PRIZES

Prize giving will be at approx. 5pm at Race HQ and prizes will be awarded as follows:

1st, 2nd and 3rd Open Teams

1st and 2nd Ladies, Mixed and Vets Teams

Mixed teams must have a minimum of 6 female runners in order to qualify for the mixed category.

Veteran categories start at male 40+ and female 35+ on the day of the race.

**BONUS PRIZES**

To reflect the CWR's status as the UK's biggest club run off road race, again this year we have bonus prizes for record-breaking teams and pairs.

We have set target times, based upon the existing course records and adjusted for distance changes. In almost every case, the target times are slower than the existing records (which were set in winter conditions). We want the targets to be fair and achievable.

Details of the bonus prizes can be found at <http://www.halifaxharriers.co.uk/club/club-races/calderdale-way-relay/>

The relay is about team spirit and we do not give an extensive Prize List but each runner does get food and a commemorative memento of the event.

**CAR PARKING AT WEST VALE – START & FINISH**

There is plenty of parking at start and finish at Heath Rugby Union Football Club, Stainland Road, Halifax, HX4 8LS. There is also a car park at crossroads/traffic lights (100 yards or so away). Marshals will be around giving directions.

**CAR PARKING AT CRAGG VALE – LEG 2**

No cars may go down the minor road to the actual changeover point. Park on the main road **well away** from the bends.

**Be aware ! *the police booked illegally parked cars again last year. Do not park where cones have been placed.***

***Please also respect the residents – we had too many complaints in 2014 of runners being abusive.***

**CAR PARKING AT TODMORDEN – LEG 3**

No parking is allowed at the Leisure Centre. Parking is available at the High School with overflow parking at the Hare & Hounds. Please follow signs and any directions given by marshals.

**CAR PARKING AT BLACKSHAW HEAD – LEG 4**

This has been a constant nightmare for several years now. Please park away from the church on Old Shaw Lane on one side only towards Jack Bridge. Please follow directions from marshals.

**CAR PARKING AT WAINSTALLS – LEG 5**

**At Wainstalls, please park on one side of road only to the change over point**. If parking in village, again, please park on one side of the road. Do not obstruct driveways of local residents. This is a bus route - cars may be towed away by the Police if you fail to obey this instruction.

**LEG SPECIFIC INSTRUCTIONS**

**Please note the following changes to the race route. For maps of each leg and diagrams of specific diversions please see** [**http://www.halifaxharriers.co.uk/club/club-races/calderdale-way-relay/**](http://www.halifaxharriers.co.uk/club/club-races/calderdale-way-relay/)

**LEG 1 CLAYHOUSE PARK (ADJACENT TO HEATH RUGBY CLUB) TO CRAGG VALE**

The leg finish point will be outside Hinchliffe Arms, down Church Lane at Cragg Vale. Please observe the marshals on the main road before dropping down Church Lane – **we do not want a repeat of 2014 where some runners were abusive to residents as this is unacceptable and jeopardises the entire event.**

**LEG 2 – CRAGG VALE TO TODMORDEN**

The leg finish point will be at Todmorden High School, Ewood Lane. Showers will be available at the leisure centre for a small charge.

On the Stoodley Pike section of leg 2, **Withins Gate will be marshalled and your team number will be recorded here. Also please shout out your team number to the marshal at Stoodley Pike** before descending to Mankinholes.

After Mankinholes you will not be going through the riding stables, Instead continue up the road past The Shepherds Rest Public House on your right. Approx. 500 yards on your right take the 2nd track /road down sign for the Equestrian Centre, (ignore the 1st right sign for public footpath). Keep on down road veering to left. At the junction keep left you are back on the Calderdale Way.

**LEG 3 – TODMORDEN TO BLACKSHAW HEAD**

The leg start point will be at Todmorden High School, Ewood Lane.

**Please note – runners starting leg 3 at the cut off time will be held at the Burnley Road crossing until the road is clear. Please follow the marshal instructions.**

At Blackshaw Head (end of leg 3) on reaching the road at Hippins Bridge do not follow the Calderdale Way Route. Instead turn left up the road to Blackshaw Head and at the junction keep right on Badger Lane, pass the church on the left and turn left up the lane to the changeover. Outbound runners will then set off back down the lane; turn left and go over the stile into the field.

Runners must not congregate on either Old Shaw Road or Badger Lane to keep these free for traffic and should remain only on the lane. Non runners should only spectate at the top end of the lane above the changeover.

**LEG 4 – BLACKSHAW HEAD TO WAINSTALLS**

Above Jerusalem Farm (near end leg 4) you may use the gap in the wall by-passing the farm leading down to the river at GR 034279.

**LEG 5 – WAINSTALLS TO SHELF**

To ensure runners take the correct path in the Bradshaw to Holmfield section, behind Holdsworth House, please follow the directions below.

Coming through the fields from Bradshaw Church, turn right onto school lane then, immediately after the farmhouse, turn left. As you get to the end of the farm buildings (on your left) you come to a stile through the wall with a Calderdale MBC Footpath badge on it. Do not take this.

Instead, go left through the unmarked gateway. After about 40 metres go right on the wide path between two stone walls. Approximately 300 metres along that path you will come to a stile on your right. There is also a stile to your left at this point for reference. Take that right turn and follow the path to the industrial buildings in Holmfield.

At the Shelf change-over there will be no baton change for the last leg. Incoming runners will finish at the roadside barrier on the main road.

**LEG 6 – SHELF TO FINISH – (PLEASE SEE CHANGES AFTER BRIGHOUSE DUE TO CANAL CLOSURE)**

Leg 6 runners will be started by a marshal in field next to Bridle Stile Lane on the opposite side of the main road. Runners must not assemble on the lane itself but remain in the field until starting their leg.

**Bridle Stile,** Shelf - at the car park follow the path to the left hand side of the car park for about 100m. Cross the road and continue on the path for a short distance then take path on right where broken way marker sign is. Follow steps down and over beck. Keep on path, left of the fencing for 200m, then through open fence. About 20m take path right, down and over wooden bridge follow path bearing left, up to top – metal gate on left. Go right – follow the way marker sign “Berry Bottoms” and keep on this path on top side of the woods all the way till you meet the “steps” half way up. You are back on the Calderdale Way. Up the steps and continue on the CW. This section will be marked out on the day.

**Southowram** go down West Lane and Change Lane as normal but DO NOT FOLLOW THE SIGNPOST CALDERDALE WAY half way down Change Lane (which goes left through the fields at EXLEY) but **keep on the road** all the way down past the school on your left to the junction. Turn left then 1st right down Exley Bank (steep cobbled road) to the main road. Keep right and take care when crossing the side road on your right (Jubilee Rd). Immediately after Jubilee Rd., go through a gap in the wall to your right and turn sharp left to pass through a tunnel under road, and proceed along canal bank to the lock basin.

**Brighouse – Part of the canal will be closed on the day so please follow marshal instructions – below is a map of the amended route:-**



### Finish

At the lock basin, turn left at the first lock gates, right over the footbridge by the second lock gate, go down the cobbled incline to left of the lock keepers house and follow the basin round till the path goes through the tunnel. Proceed through the tunnel and onto the towpath, turn immediately right and then left on Stainland Road heading towards West Vale and the Finish taking care to run in the cycle lane and on the pavement.

**Halifax Harriers Wish You All The Very Best Of Luck For A Grand Day Out In Yorkshire**