



Essex Road Relays hosted by Harwich Runners March 16th 2019 at 11am

Information and Final Instructions

Location - Race HQ

Harwich and Dovercourt Rugby Club, Wick Lane, Dovercourt, Harwich CO12 3TA
Please be aware that some Sat Navs may try to take you into a local Caravan Park.

Directions – by Car

Follow the A12 and join the A120 East towards Harwich. Continue on the A120 until the Ramsey Roundabout (this is the second roundabout after the road becomes single lane traffic.) At the Ramsey Roundabout take the third exit to Dovercourt (B1352.) At the mini roundabout turn right into Oakley Road. At the next mini roundabout turn left into Low Road. Follow Low Road for approximately one mile. The Race HQ is a right turn off Wick Lane into the swimming pool entrance. The Rugby Club sits behind the swimming pool. Please note there is limited parking which will be reserved for officials and the Harwich team.

Directions from Dovercourt Train station.

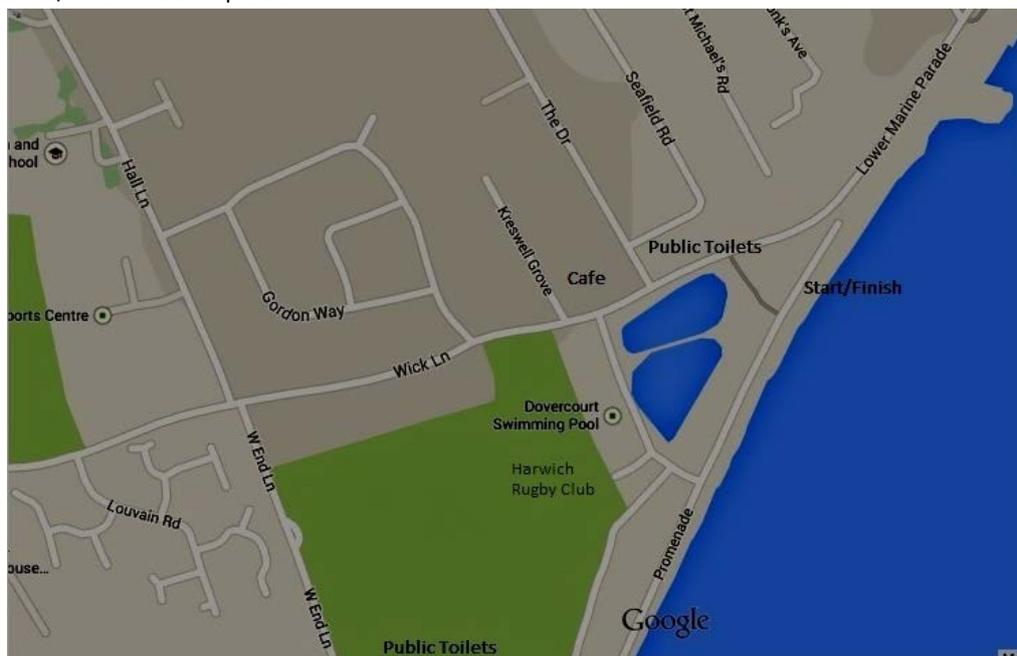
To travel by train, take a train to Manningtree and change for Dovercourt. The journey is about one hour and twenty minutes from London Liverpool Street. It is about a mile and a half from the station to race HQ. On leaving the station bear right straight ahead to the main road and shopping area. Continue straight over into Kingsway to the seafront. Turn right along Marine Parade and Wick Lane i.e. continue to follow the sea front passing the Lighthouse. The Rugby club (Race HQ) is behind the swimming pool and will be on your left.

Start/Finish Area

The race starts and finishes on the Promenade about half a mile from HQ.

Car Parking

There is a car park at the Rugby club which will be reserved for Essex Officials and Harwich Runners. There are two car parks at the bottom of West End Lane. Be aware there is a Recycling Centre near the car parks which often result in queues in West End Lane. There is lots of unrestricted parking on the road near to the start/finish. See map below.



Facilities

There are changing facilities but no showers available at the Rugby club. There will be refreshments at the Rugby Club and at local cafes. There is no baggage storage but bags can be left at the Rugby Club at their owner's risk.

Toilets

There are toilets at the Rugby club and public toilets near the start and by the promenade (see map). There are also toilets in the park which forms part of the course.

The Course

The course is a measured 5km predominantly on the promenade which a small section through the park on paths. It is potentially fast as it is flat.

Registration

Again this year we are again asking managers to **declare teams in advance** by email & no later than midday on Friday 15th March. On arrival, teams need to collect their numbers and baton. Amendments to the declaration may be made before 10:30 on race day. It would be very helpful if amendments can be kept to a minimum.

In addition to normal race numbers Vet runners will be given an age category number to wear on the back of their vest.

Batons

The baton is light plastic and comfortable to run with. It contains the chip timing element. The baton will be passed after the runner has run under the gantry. Batons will be collected at the finish. The final runner in each team must pass under the finish line gantry to record the time (this includes incomplete teams).

This is not a track relay so if anyone drops the baton, the team will not be disqualified, simply pick it up and carry on. However, the race director reserves the right to disqualify a team if anyone seeks to gain an advantage e.g. by throwing the baton. Batons must always be held in the hand.

Presentation

The medals and Open prizes will be presented at the Rugby Club after the race.

Website – <http://www.harwichrunners.co.uk/relays>