

New Start Area Plan and Handover Instructions for Essex (Harwich) Road Relays 2018

In order to maintain greater control of the start and handover areas and make it easier for both Competitors and officials to spot a team's incoming runner there are new instructions to be followed for this year.

The area around the oval shelter will be fenced off. Runners should assemble on the green and can leave their kit by the marquee provided. Runners must access the start and handover areas by the marshalled access funnel only and NOT via the promenade. On completion of their leg they should use the exit near the gantry into the area where water will be provided by the popup shelters and then be marshalled back out to the green. Leg 1 runners will be called to the start by the Race announcer. 2nd and subsequent leg runners will be able to see their team's incoming runner as they approach the 4k mark near the marquee entrance. The funnel marshal will then call their number and allow them to proceed to the handover area via the access funnel.

