

## **Cotswold Way Relay, July 1, 2023: Race Information** (updated 17 June)

### **Last Instructions for all CWR runners 2023**

Welcome to the 31<sup>st</sup> running of Team Bath AC's Cotswold Way Relay. For everyone's safety, please read the following before starting your leg of the Relay.

**Starting and Finishing:** This year we are reverting to the manual timing system we have used for many years. We are not using the smartphone systems that we used for the previous two years under pressure from covid. We still recommend that you carry a mobile phone for safety, but it is not mandatory. This year your team captain will have received a Team Number to pin on your vest. This is for the finish timers. Please wear it on your chest. There is no chip system. The finish timer needs to identify you as you finish. Please plan to arrive at the start 45 minutes early with your number on your vest. Check in with a marshal will have a list of every starter by their team name and number. If your name does not match the marshal can update the list. Please be particular about this as correct information will enable quick results processing.

**Safety** This year's race is indemnified through registration with the Trail Running Association. The TRA has a joint arrangement with UK Athletics, which is why runners must be attached or pay an unattached supplement.

**Our responsibility** as race organisers is to

- Make a formal risk analysis
- Enact a plan to mitigate foreseeable risks.
- Assist at major road crossings (though we can't stop traffic).
- Arrange participating clubs to set up halfway water stations
- Have a tail runner on each leg to sweep up at the back of the race

**Your responsibility** as runners is

- To read the race guidance and follow advice
- Reconnoitre the route
- Follow the kit recommendations
- Under no circumstances run under a false name
- Only run if you are fit and expect to achieve a pace of 12 minutes/mile
- Have a plan in case of runner injury or drop out
- Support other runners during the race. If you aid another runner and lose time as a result, notify at the finish and we will make time adjustment
- Follow instructions from marshals particularly at road crossings
- Respect the Cotswold way, its nature, it's farmers and its other users

### **Mandatory kit**

- Water carrying system with a capacity of 1 Litre. You must start with a minimum of 500mls. and we recommend more if the conditions are hot. There is one official water station per stage which will be a refill opportunity with disposable cups or disposable bottles. Please bring extra water to the start.

### **Recommended Kit**

- Trail shoes
- Clothing appropriate for predicted weather
- Team Kit if you are a club member.
- Small first aid kit
- Extra calories (please no trail litter)
- Map or GPS or even better know your route.

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- Back up timer (Sports watch to keep your own time)
- Mobile phone with
  1. Team Captains number entered.
  2. Race director Numbers entered:  
Stage 1-5 Tom Hutchison on 07759174595  
Stage 6-10 David Sanson 07779 418955

### Pre-race

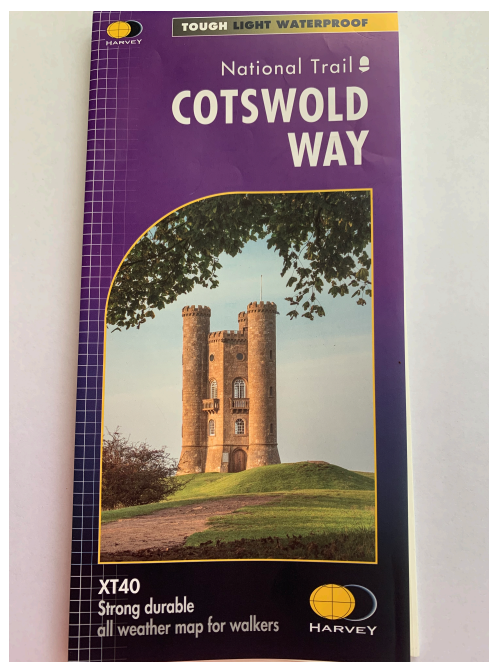
We recommend that you reconnoitre the route. The only way markings will be the national trail signs.

Harvey produces a great polythene map showing the whole route. Available on line £14.50

### Environment

As runners we all have responsibility to make the event as sustainable and low impact as possible. This year:

- We will avoid the use of disposable plastic waste during the race
- We will continue our contribution to the Cotswold way authority
- Race memento T-shirt is available to order to avoid waste
- We have limited the race to 100 teams



### Travel

Consider the impact of traffic on the race. Public transport is of little use. Car numbers at changeover sites is the limiting factor to the size of this event. Car sharing wherever possible is helpful.

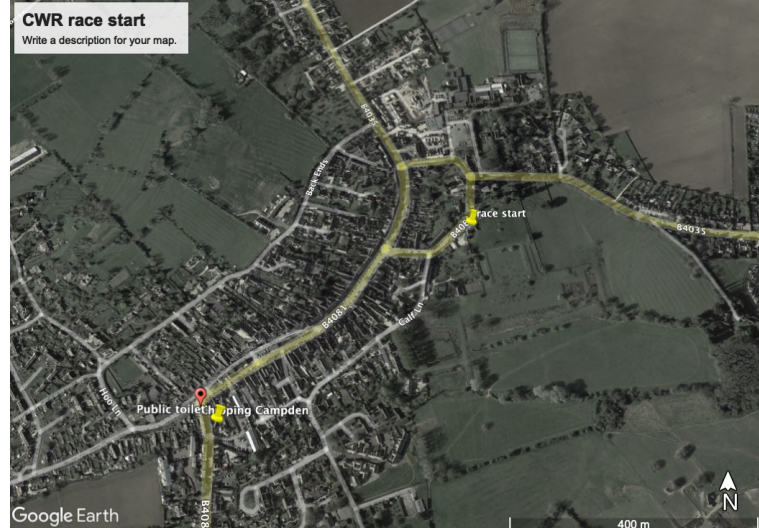
Need to be at race start 45 minutes before the off. Allow plenty of time to get to your race start. Remember that the set down at the start of an outgoing leg may be 2.5 hours before the last incoming runner arrives. Allow plenty of time if you plan to visit more than one change over point. Race supporters please try and park away from the actual point of change over


Check before you agree to drive someone else's car between stages. Insurance rules on 3<sup>rd</sup> party cover have changed for many policies.

### Kings and Queens of the Cotswold

Runners who have raced or been a tail runner and completed all 10 stages in different years earn the title King or Queen of the Cotswolds. Keeping track of the data on this has become increasingly complex, so we need you to tell us if you think your leg this year will be your 10<sup>th</sup>. We will verify the data, most of it to be found on the website. This year's trophies will be awarded at the presentation or later, by post if necessary

## Cotswold Way Relay, July 1, 2023: Race Information (updated 17 June)

Stage	1
Place	Chipping Campden Postcode: GL55 6JG GR: S0153392
Parking	Plenty on town street early Saturday Morning
Toilets	Sheep Street toilets open from 6 AM (see map)
Start	Registration from 6.15 Start at 0700
Marshall	Fish Hill on A44 @ 5k GR S0118370
Water	Broadway @ 9 k
D/Time	19.4 k (12 M) Cut off 2 Hrs. 30 minutes
Image Start Stage1	

Stage	2
Place	Stanway House: Post Code GL545PQ GR S0062323
Parking	<b>Avoid parking on the road</b> Parking field will be open opposite tithe barn
Toilets	Will are open in the stable block Stanway house: Approach up drive
Start	Registration from 07.30. Start at 0815
Marshall	Stanway Hill crossing B4077 500 m from start GR S0063321
Water	Winchcombe town (approx. 9k)
D/Time	19k (11.8 M) Cut off 2 hrs. 30
Image 1;2 Change over	

## Cotswold Way Relay, July 1, 2023: Race Information (updated 17 June)


Stage	3
Place	Cleeve Common: Post Code: GL523PW, Grid ref: S0989272
Parking	<b>None At Golf Club</b> Absolutely must use allocated car park See Map
Toilets	In golf club by arrangement
Start	Registration 0815. Start at 0930
Marshal	Dowdeswell reservoir on A40, GR: S0987198 @9k
Water	Near Dowdeswell crossing 9k
Dist. Tim	13.2k (8.3 miles) Cut off time 1 hour 45 minutes
Image 2;3 Change over	


Stage	4
Place	Seven Springs Post Code GL53 9NF Grid ref S0969172
Parking	Plenty near the finish see map
Toilets	None: Use Petrol stations on approach. Woods around if in dire need
Start	Registration 09.40 start at 10.25
Marshalls X4	1@ star college S0942172 (5k) 2@Air Balloon roundabout S0934162 (9k) 3@ Birdlip Hill S0925144 (11k) 4@ Cranham Corner A46 S0883130
Water	Crickley Hill Car park 8k
Distance	19.9 K (12.3 Miles) Cut off time 2 hrs 30
Image 3:4 Change over	

**Cotswold Way Relay, July 1, 2023: Race Information** (updated 17 June)


Stage	5
Place	In woods near Cranham Corner Post Code GL4 8EZ GR S0871129 <b>NB new location</b>
Park	In woods along Portway Rd sign posted to Upton St Leonard: <b>Please do Not park at the Royal William</b> unless you are actually using the pub
Toilets	None: prepare early or use the woods
Start	Registration from 11.00. Start 11.45
Marshal	1 @ Edgemoor Inn A4173, 7k, S0840091 2@ Ryeford B4008 S0814048
Water	Haresfield beacon car park 12k
D/Time	19.1 km (11.8 Miles) Cut off time 2 hours 30 minutes
Image START Leg 4/5 Change over	
Finish	The finish of leg 5 in Stroud is some distance from the Start of leg 6 and needs to be approached separately. The finish is along the canal Post Code approx GL54UE GR: S0824046
Image FINISH Leg 5	


## Cotswold Way Relay, July 1, 2023: Race Information (updated 17 June)

Stage	6
Place	In field south of A419 Near Sainsbury's roundabout GL55JR GR: S0832045
Parking	Sainsbury's car park, Dudbridge Hill, Stroud GL53HG
Toilets	In Sainsbury's
Start	Registration from 12.15. Start 1300
Marshal	1 @ Selsey Hill S0834039: 800metres, 2@ Coaley peak S0795005: 9k, 3 Dursley town centre at finish
Water	Carpark Coaley peak 9k
D T	14k (8.7 miles) cut off time 2 hours
Image Start Stage 6	

Stage	7
Place	Dursley. Carpark of "Old Spot" GL11 4JQ
Parking	Carpark opposite "Old Spot" also nearby Sainsbury's
Toilets	Municipal toilets in car park
Start	Registration from 13.15. Start 1400
Marshal	None
Water	North Nibley 8k
D/ T	12.1k 7.5 miles. Cut off time 1 hour 45
Image 6/7 Change over	

## Cotswold Way Relay, July 1, 2023: Race Information (updated 17 June)

Stage	8
Place	Wooton Under Edge GL127LT OS760935
Parking	Start: Residential roads in the nearby housing estate Finish: Old Sodbury football club: <b>No finish parking at pub or residential street</b>
Toilets	Municipal toilets on Ropewalk in town.
Start	Registration 1400: Start 14.45
Marshal	End Leg 8 pub car park blocker
Water	Near Hawkesbury Upton
Distance	19.4k (12.1 miles) Cut of time 2 hours 30 minutes
Image 7:8 Change over	

Stage	9 <b>NB ROUTE DIVERSION</b>
Place	Old Sodbury BS376NG GR OS753816
Parking	Plenty on Football club field on map. No parking in Pub. Avoid the residential street
Toilets	At the football club next to the parking. <b>Not in the pub</b>
Start	Registration from 15.15 start 1600
Marshal	<b>1@</b> A46 Nth of J18 M4, OS 763790 <b>2@</b> A46, 2 junctions S of M4 SO 751764 <b>3@</b> Gorse Lane SO 740737 <b>4@</b> A46 Pennsylvania S0745733
Water	Field Lane after A 46 crossing
D/ Tim	14.8k (9.3miles) cut off time 2 hours
Image 8:9 Change over	

## Cotswold Way Relay, July 1, 2023: Race Information (updated 17 June)

Stage	Start of 10
Place	Cold Ashton SN148LA GR SO 744724, then @Greenway Lane
Parking	V limited at start of Greenway Lane. Dangerous on A46 grass verge. Use marshalled field on slough Lane (see map)
Toilets	Parish Hall (please keep them clean and tidy)
Start	Registration from 16.15 Start at 1700
Marshal	A46 crossing to start Freezing lane Lansdowne SO723704
Hazard	Wide round Cricket match on Weston Rec. Un marshalled city roads in Bath: finishing at the Abbey. Expect and avoid pedestrians and unaware tourists
Water	At freezing Hill Lane Marshal point
Distance	15.7K (9.8 miles) cut off time 2 hours (New distance)
Image 9/10 Change over	

Stage	10 First runner 1800 last runner is expected by 1900
Place	Bath Abbey BA1 1LT
Park	In park: £1 for 4 hours. Charlotte Street CP nearby longer term more £s
Toilet	Town pubs
Map end 10	



## Cotswold Way Relay, July 1, 2023: Race Information (updated 17 June)

Stage	<b>11 After Party results and Prize presentations</b>
Place	The Old Crown Crown Hill Weston BA1 4BP
Parking	residential streets (see map)
Toilets	At the pub
Time	From 1800 till late Presentations from 2000
Drink	Full Bar
Food	Pizza plus Burgers. Meat and Vegan options Also take away food in Weston Village
Map	

Please email [racedirector@cotswoldwayrelay.co.uk](mailto:racedirector@cotswoldwayrelay.co.uk) If you become aware of errors in these pages