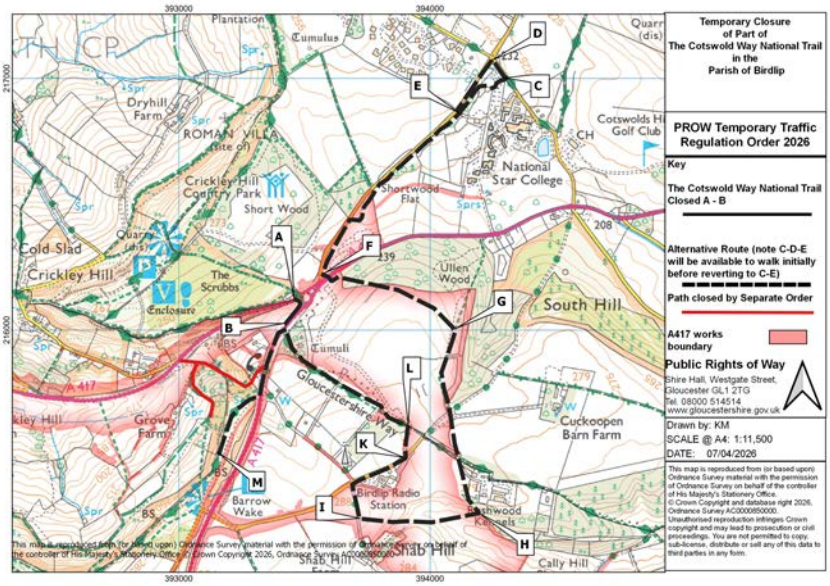
To all team captains: Instructions for all Cotswold Way Relay runners 2026. Please forward this document to all your runners as soon as you receive it.

Welcome to the 34th running of this Team Bath AC event**.** For everyone's safety, please read the following well before starting your leg of the Relay.

Route Changes. The stage 3/4 changeover has been moved downstream 4.3k to Crickley Hill affecting both these stage lengths. This was because the previous years changeover points were poor. However this is complicated by the continued A417 missing link road works where the Air Balloon roundabout used to be. The Cotswold way original route will be blocked from the 19 June. There will be a new diversion officially signed see below **Which the race route will actually ignore.**



You will see that this diversion departs from the old route just past Star College D and goes down the road to F where it turns onto the road works site and takes a loop through the works returning to the original route at point A. This is all because the section A B will be blocked.

The problems for the race organisation are three fold.

1. The diversion bypasses Crickley Hill leaving no place to hand over stage 3 and 4
2. The route loops through a road works site
3. They have moved the date of the diversion back and back until last week they announced that it would be 29 June, 5 days before the race.

So we have recced a new route just for this race which we will mark and marshall on the day.
The race route for stage 3 will continue to Crickley hill as before in spite of any official signs to the contrary. We will mark the race route to avoid confusion.
The race route for stage 4 will be marked and marshalled by us and Leave Crickley hill car park in a North easterly direction making an Easterly loop and passing under the A436 near Little Witcome and thence across fields back up the hill to join the CW near Birdlip.
Don't worry too much about detailed recce of this. We will marshall it on the day. It will be near the start of the stage and so the problem will be crowding not getting lost.

Finally, It is quite conceivable that they defer the diversion date back beyond the race date allowing us to return to the route of previous years!

Starting and Finishing This year we will use the manual timing system we used successfully last year. 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. This is for public information and for the finish timers. Please wear it where it can be most easily seen from the front, not obscuring it for example by a hydration vest. There is no chip system. Please plan to arrive at the start 45 minutes

early with your number attached. Check in with a marshal who will have a list of every starter with their team's name and team number. If your name does not match, the marshal can update the list. Please be careful not to get mixed up if your organisation has more than one team. Please be particular about this as correct information will enable quick results processing. **Please write personal detail on the back of the race number.** Two years ago we had an unidentified runner lose consciousness in an isolated place. They had no written Bib details.

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 cut-off-pace runner on each stage to advise runners who are too slow to continue. This is NOT a 'tail runner'

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.

Recommended Kit

- Trail shoes
- Clothing appropriate for predicted weather
- Team vest if you are a club member.
- Small first aid kit
- Extra calories (please no trail litter)
- Water carrying system with 500 ml capacity
- Fluid in the case of hot weather. (500 mls. is minimum but more may be needed)
- Map or GPS or even better know your route.
- 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 David Sanson on 07779 418955 Stage 6-10 Tom Hutchison 07759174595

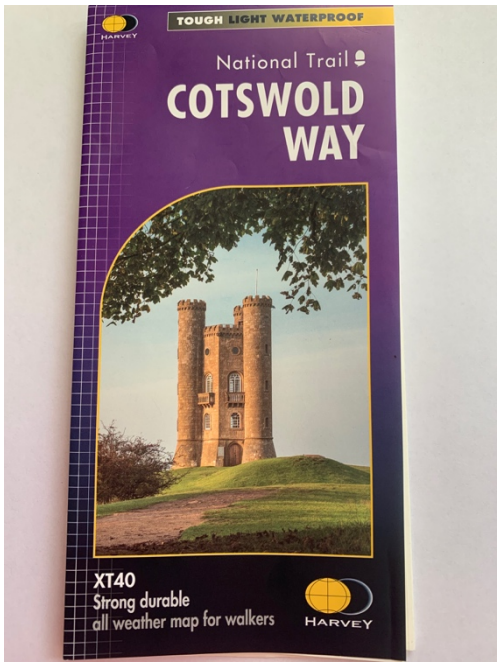
Pre-race

We recommend that you reconnoitre the route. The only way markings will be the national trail signs. GPX files are on the web site. Harvey produces a great plasticised map. Available on line £17.95

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.
- We have limited the race to 100 teams.

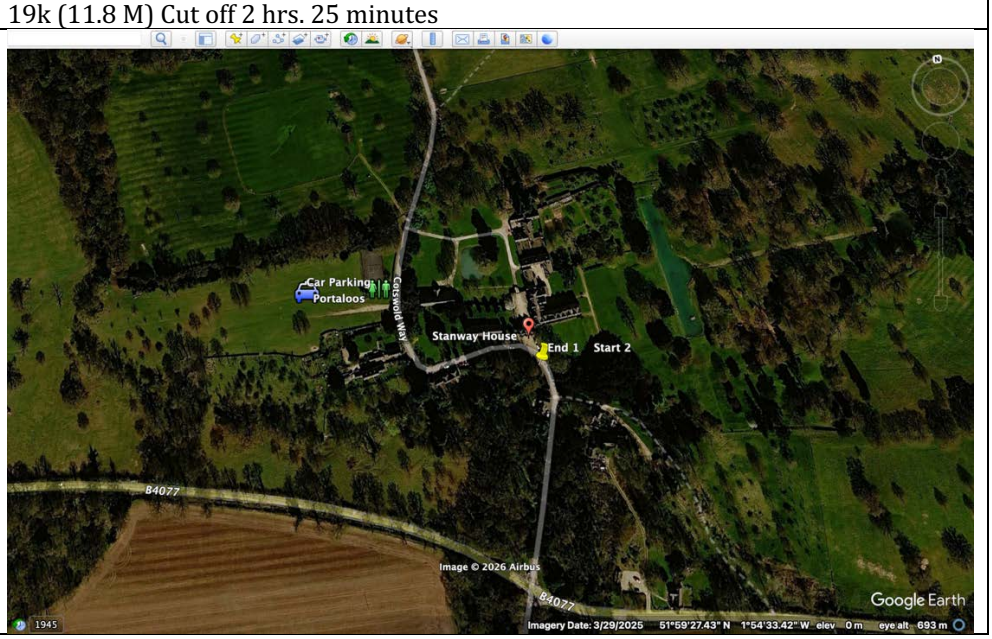


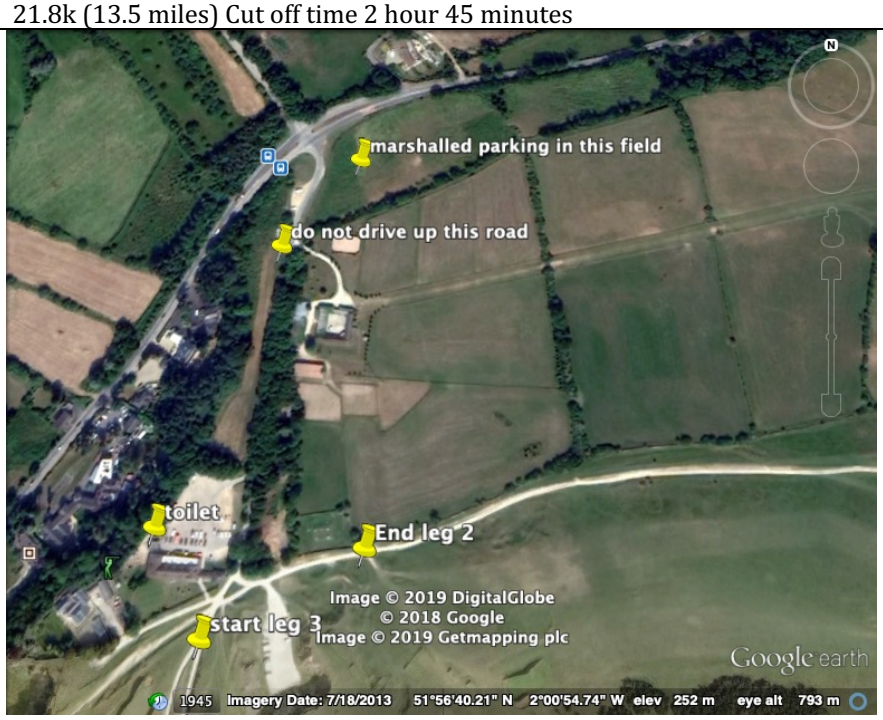
Travel. Consider the impact of traffic on the race. Public transport is of little use. Car numbers at changeover sites is the limiting factor to the size of this event. Car sharing wherever possible is helpful. See sheet below for car parking information.
Charges may apply. Check local signage.
Be at 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. **Crickley Hill Stage 3 4 may have road congestion and traffic hold due to road works.** Race supporters please try and park away from the point of change over.
Check before you agree to drive someone else's car between stages. Insurance rules on 3rd party cover have changed for many policies.
Kings and Queens of the Cotswold
Runners who have raced or been a cut off Pacer and completed all 10 stages in different years earn the title King or Queen of the Cotswolds. The race organisation has old results but no search ability, so we need you to tell us if you think your leg this year will be your 10th. We will verify the data. This year's trophies will be awarded at the presentation so please come collect it or delegate a proxy. We don't want to post trophies.

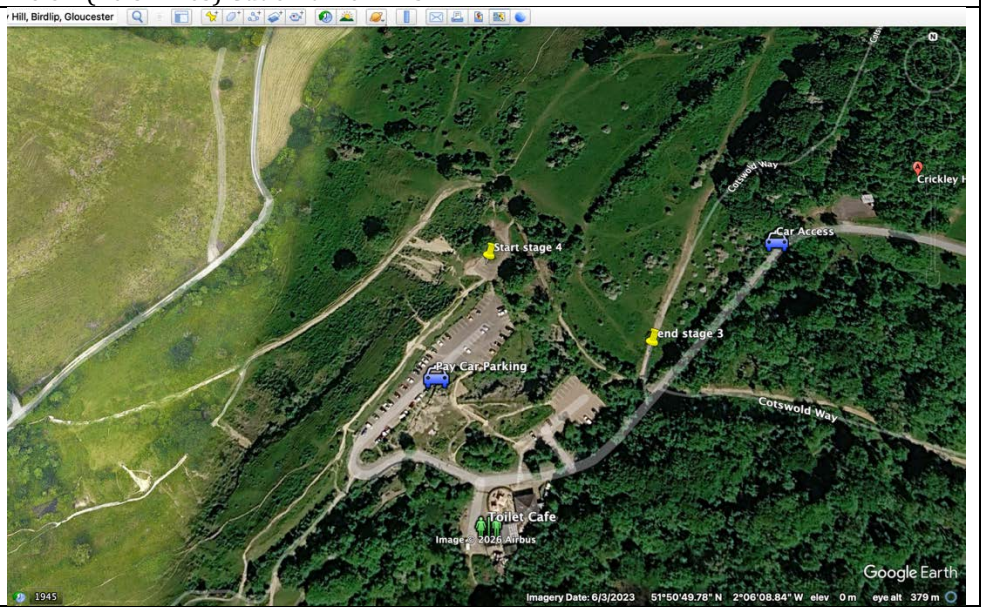
General Information
All Road Crossing Marshalls Duties
Risks: Fast traffic, poor runner visibility. Tired and racing runners.
Action: Roads covered minimum by a marshal pair: One either side of road. Hi-Viz jackets must be worn. These are available at the start of every stage. Also at the start are the traffic warning signs you should use.
Marshalls should allow plenty of time to collect Hi Vis and signs from the timing marshals at the North end of each stage.
Marshalls should be in place well before the first runner expected arrival time.
Assess the road and the traffic level and behaviour.
Be visible to approaching cars but **do not attempt to stop traffic.**
Warn approaching runners. Verbally assist runners crossing. Stay in place until the cut off pace runner passes. Report any incidents to race organiser.
Stage 1-5 David Sanson on 07779 418955 Stage 6-10 Tom Hutchison 07759174595
Water stations:
One per leg at about half-way. There are approx. 100 runners so 30 litres should be sufficient but have 50 litres available if it is a hot day.
Do not use disposable bottles or cups.
Use camping type water containers. Please source these yourselves before the event
Prefilled Jugs are quick and useful.
Every runner should carry a water vessel and you can assist the runner to refill these.
Be prepared to assist any runner needing to drop out at the water station. Inform race director of dropouts.
Car use Transport is the biggest challenge to a rural race as complex as the C Way relay.
It raises our carbon footprint and limits the size of the race.
Get organised within your teams to car share. Consider a car sharing app.
If you are following the race, try and keep clear of the race changeover locations.
If you can get dropped off or picked up without parking, then try and arrange this.

Please email racedirector@cotswoldwayrelay.co.uk If you find errors in these pages

Stage 1	Chipping Campden: GL55 6JG W3W: **socket.computers.domain**
Parking	Plenty on town street early Saturday Morning. Mostly Free but check local signs
Toilets	Sheep Street toilets open from 6 AM (see map)
Start	Registration from 6.15 Start at 0700
Water	Broadway @ 9 k. location: W3W: **value.gazes.shark**
D/Time	19.4 k (12 M) Cut off 2 Hrs. 25 minutes
Start Stage1	

Stage 2	Stanway House: Post Code GL545PQ W3W: **propose.executive.beginning**
Parking	**Avoid parking on the road** Free Parking field is opposite tithe barn. recruiter.bookshop.town
Toilets	Portaloos in the parking Field. Do not enter Stanway house
Start	Registration from 07.25, Start at 0810
Water	Winchcombe town (approx. 9k) vineyard street. W3W: **spinners.brains.imposes**
D/Time	19k (11.8 M) Cut off 2 hrs. 25 minutes
Stages 1/2 Change over	

Stage 3	Cleeve Common: Post Code: GL523PW, W3W: **noise.sensual.segmented**
Parking	**None at Golf Club.** Absolutely must use allocated car park. See Map W3W: **fooling.downfield.catch**
Toilets	In golf club by arrangement Café at golf club
Start	Registration 0830. Start at 0915
Water	Near Dowdeswell crossing 9k W3W: **areas.jobs.drums**
Dist. Tim	21.8k (13.5 miles) Cut off time 2 hour 45 minutes
Stages 2/3 Change over	

Stage 4	**Crickley Hill GL4 8JY** W3W: **sign.variation.masts**
Parking	Pay to park (£2.50 flat day rate) Crickley Hill May be busy. Drop off better than parking
Toilets	Yes and Cafe
Start	Registration 09.45. Start at 10.30
Water	Coopers Hill car park. W3W: **twig.instructs.jokers**
Distance	16.5K (10.3 Miles) Cut off time 2 hrs
Stages 3/4 Change over	

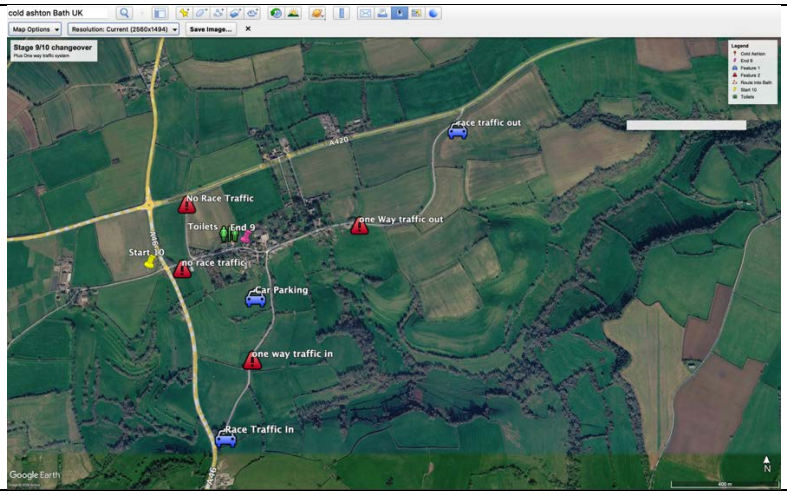
Stage 5	Painswick Registration in Stamages Lane carpark. W3W: **pushover.seashells.than** then there will be an organised walk to nearby start on Edge road. Stage 4 finishes on edge road too. Keep Edge Road clear Please. No parking and minimum runner dwell on Edge Road.
Parking	Stamages Lane car park town centre. Free Limited parking and may be busy with local use. Please use surrounding roads and out of town. EG Walkers car park on the A4073 race route into town. Please Park legally and with consideration for Town residents
Toilets	Town toilets in Stamages Lane car park
Start	Registration from 10.55. Start 11.20
Water	Haresfield beacon car park 10k playing.instincts.cling
D/Tim	14.8 km (9.3 Miles) Cut off time 1 hour 55
Stages 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 W3W: **influencing.vowel.goofy**
FINISH Leg 5	

Stage 6	In field south of A419 Near Sainsbury's GL55JR W3W: **mills.roofed.torn**
Parking	Sainsbury's car park, Dudbridge Hill, Stroud GL53HG **Parking charges !**
Toilets	In Sainsbury's (as a customer)
Start	Registration from 12.15. Start 1300
Water	Carpark Coaley peak 9k W3W: **Spans.wolf.vague**
D T	14k (8.7 miles) cut off time 1 Hr 45mins
Start Stage 6	

Stage 7	Dursley. Carpark of "Old Spot" GL11 4JQ W3W: **surveyed.scarecrow.lamenting**
Parking	Carpark opposite "Old Spot" also nearby Sainsbury's **Charges may apply**
Toilets	Municipal toilets in car park
Start	Registration from 13.15. Start 1400
Water	North Nibley 8k W3W: **goals.soonest.trim**
D/ T	12.1k 7.5 miles. Cut off time 1 hour 30 min **Bypass Tyndale monument!**
Stages 6/7 Change over	

Stage 8	Wooton Under Edge GL127LT OS760935 W3W: **Pounces.self.friends**
Parking	Start: Residential roads eg Parkland housing estate. **W3W chats.tame.enthused** Finish: Old Sodbury: W3W: **plenty.monday.tour** **No finish parking at pub or residential street near finish in Old Sodbury. Use football field**
Toilets	Municipal toilets on Ropewalk in town.
Start	Registration 1400: Start 14.45
Water	Near Hawkesbury Upton W3W: **mason.bless.claw**
Distance	19.4k (12.1 miles) Cut of time 2 hours 30 minutes
Stages 7/8 Change over	

Stage	9 **NB ROUTE DIVERSION still in place before field lane (well marked)**
Place	Old Sodbury BS376NG register in football club field. Entrance will be marked W3W: **lower.claims.digits**
Parking	Plenty on Football club field on map Absolutely No parking in Pub. Avoid the residential street.
Toilets	At the football club next to the parking. **Not in the pub**
Start	Registration from 15.15 start 1600
Water	Behind Dyrham house after A 46 crossing. W3WQ: **oils.musically.intelligible**
D/ Tim	14.8k (9.3miles) cut off time 2 hours
Stages 8/9 Change over	

Stg 10	and end of stage 9
Place	Cold Ashton SN148LA , then @Greenway Lane
Park	No parking at start of Greenway Lane. Do not use the dangerous A46 grass verge. Use marshalled field on slough Lane (see map) W3W: **cemented.equity.whom** NB one way system for race traffic
Toilet	Parish Hall (please keep them clean and tidy)
Start	Registration at start location from 16.15 Start at 1700
Hazards	Un marshalled city roads in Bath: finishing at the Abbey. Expect and avoid pedestrians and unaware tourists. Minor route diversion Weston recreation groud bath will be marked and marshalled W3W **refuse.drift.snaps**
Water	At freezing Hill Lane Marshal point W3W: **reddish.clean.flocking**
T D	15.7K (9.8 miles) cut off time 2 hours
	

Stage 10	Finish. Last runner in by 1900
Place	Bath Abbey BA1 1LT W3W: **modern.secret.youth**
Park	In park: £1 for 4 hours. Charlotte Street CP nearby longer term more £s
Toilet	Town pubs and Bath on Ice
Prizes& Party	Bath On Ice. Victoria Park. 1800- 2100 W3W: **grew.losers.desk** Drinks and pre ordered food. Presentations as soon as possible after 1900
	