**OxBelt – Briefings / Rules / guidelines**

Runners’ brief

1. Prior to race day runners would be wise to recce their route, especially if there is a diversion. There will be a route description circulated and/or use the CPRE Oxford Greenbelt way website. By recceing their route, runners are less likely to get lost and will know some of the potential hazards: what it is like under-foot, where there might be nettles or brambles to contend with, and how exposed/sheltered their leg is.
2. Runners should wear kit that identifies them as part of their team (e.g. club vest). (This is for the benefit of other runners, officials, and spectators.) Runners should also ensure that they wear clothing that will be visible to motorists. (Most legs have some road part, and runners might also go the wrong way and arrive on a road unexpectedly.)
3. Runners will need to carry a small tracker (at least), so a waste-pack or race vest might be judicious. The tracker must be passed on at each checkpoint/changeover point. Leg times will be based on the times at which the trackers are handed over.
4. Runners will be able to monitor the location of their team’s tracker via a website (details to follow)
5. Runners are responsible for their own safety, and these tips should help…
	1. When the route follows a road, participants should use the path/verge if there is one available. If there is not, they should run on the right-hand side (facing oncoming traffic), unless it is a tight right bend.
	2. There are some road crossings on the route, runners have responsibility to negotiate them themselves.
	3. Dress appropriately for the leg and weather (clothing and footwear)
	4. Ensure you are appropriately fuelled and hydrated prior to, and during, your leg(s). If it is hot, runners should consider taking drinks with them on their leg. There are drinking water taps at Abingdon Lock, Swinford Lock, Wolvercote (detour R under the bridge upon joining the canal at the start of leg 6), and the tea room at Thrupp.
	5. Competitors obviously need to carry any personal medication that they would normally take on a run (EpiPens/inhalers/antihistamine/etc.).
	6. Consider carrying a mobile phone – in case of emergency/getting lost
	7. All participants and spectators must abide by the Highway code.
	8. Give any animals a wide berth – horse, cattle, sheep and dogs. Cyclists can be even more dangerous
	9. We are sharing the paths with the public, we do not have right of way and should be courteous at all times. Complaints from the public may jeopardise future events.
6. It is the team/runner’s responsibility to get to/from changeovers.
7. Make sure you know what time you are due to start and be early…just in case your team puts a spurt in. Leg 1 times will all start at 09.00. There is a mass start from Wolvercote a 14.30 – so that will be the latest start time for that leg for any team.
8. When they arrive at the checkpoint the outgoing runner should alert an official (who will be wearing a hi-viz vest) to the impending change-over for their team, in order that the changeover is not missed.
9. Changeovers can only occur at the designated checkpoints / legs are not to be split, unless there is an injury.
10. If an incoming runner gets injured, top priority is evacuating them safely and as soon as possible. To continue the race, the outgoing runner (ONLY) can take over from where the incoming runner leaves the route. (If it is not possible to do this, the officials can set the outgoing runner off from the Checkpoint, but there will be a time penalty/adjustment. Also the team needs to get the tracker to their runner.)
11. Any runner that needs to drop out during their leg (e.g. through injury), should contact their next runner/team captain/officials. Whoever gets the message should then ensure that the next runner and checkpoint officials know, as well as helping the injured runner get ‘recovered’.
12. If an outgoing runner fails to turn up, or is late… the incoming runner can continue. The missing runner can take over their leg if they find a suitable changeover.
13. The route follows the official Oxford Green Belt Way Route, apart from a small diversion from the Wolvercote CP. This takes runners through the North end of Port Meadow, and avoids the busy(ish) road through Wolvercote. For 2023 there are also two other diversions – one at Culham and a small one at Swinford lock. These can be found in the route descriptions. If runners finds a new diversion on the day, follow it, and declare this to the officials at the next checkpoint.
14. If runners are delayed by the Abingdon Lock opening, the runner is to time how long they were held up for and tell the official at the Radley checkpoint. (This is not the Suez canal, so we do not expect long waits!)
15. Any competitor who stops to help a fellow runner will be given a time ‘award’. The committee will decide this as soon as possible after the facts are established.
16. If a runner completes a leg, but has deviated from the official route, a time penalty may be applied. This time penalty will be decided by the organising committee and will consider any benefit gained, or effect on other teams. (The exact penalty awarded may take a few hours to be confirmed.)
17. If a runner leaves the route they must retrace their steps to re-join it at the point they left it, not ‘cut across’ back to the route.
18. Runners are not allowed to run with dogs.
19. Runners are allowed buddy runners. Those buddy runners may NOT run in front of the official runner as this gives a pacing/drafting advantage.
20. Runners must obey all race instructions from officials/marshals.
21. All race officials will ‘outrank’ team captains and checkpoint officials, so if they ask you to do something to ensure the smooth running of the race, please co-operate.
22. Reports of accidents and near-misses should be reported to officials and then the Race Director asap.
23. Results will be collated during the day and may be viewable by all. They will be circulated/posted to team captains once finalised.
24. Due to the low-cost (i.e. free!) nature of this event, there are no prizes. However, participants will benefit from the camaraderie gained and the bragging rights of those who beat (or got closer than they thought to) cherished rivals.

ALL RUNNERS AND MARSHALLS PARTICIPATE ENTIRELY AT THEIR OWN RISK AND BY TAKING PART CAN MAKE NO CLAIM AGAINST THE ORGANISING COMMITTEE

Team Captains’ brief

1. Names and contact details (email, mobile #) of team captains are to be provided to the organisers no later than two weeks before the event. Team captains will be the main points of contact for the organisers and will be included in a Whatsapp group for general communications.
2. Names of runners need to be declared/entered (onto the online document) by the eve of the race. If there are any changes on the day, Captains can update the document and/or inform relevant officials. All runners should be paid up members of that club, but could also be ‘friends and family’ of club members.
3. The minimum number of runners in a ‘team’ is 1, maximum is 8.
4. Runners may run more than one leg for a team (8 legs maximum!).
5. Runners may run for more than one team.
6. The minimum age for runners is 15 years.
7. Captains are responsible for the safety of their team, including checking that the team know about road safety and procedures should the runner need to drop out. If a runner needs evacuation, it is the responsibility of their team/team captain to coordinate.
8. Captains should have access to emergency contact/details for runners in their team.
9. Should the race need cancelling, or a route-diversion, this will be decided by the committee and communicated as soon as, and as wide as, practicably possible (to team captains, officials, WhatsApp groups, etc.). Unforeseen changes might even be on race day.
	1. If there is a Red weather warning – the race will be cancelled/postponed
	2. If there is an Amber weather warning – the race will probably be cancelled
	3. If there is a Yellow weather warning – the race will probably go ahead, with the recommendation to carry more water
10. Any infringements of the rules (either self-declared, or about a competing team) should be referred to the organising committee. Decisions will be made as soon as possible, with the committee’s decision being final.
11. Participants are encouraged to make this event as environmentally friendly as possible! Team captains are asked to encourage runners to coordinate transport to and from legs and use bikes and public transport where possible to minimise car usage.