**OxBelt – Rules + guidelines**

Race competition rules

1. Participants are responsible for their own safety at all times.
2. Teams (from Clubs/organisations) are to be entered by the start of June (names not needed yet).
3. Names of runners need to be declared/entered (onto the online doc) by July 18th. Changes are allowed on the day, if this happens, marshals should be informed. All runners should be paid up members of that club.
4. The minimum number of runners in a ‘team’ is 1, maximum is 8.
5. Runners can run more than one leg for a team (8 legs maximum!)
6. Runners can run a leg for more than one team.
7. The minimum age for runners is 15 years.
8. The race starts at 08.30 for the slower teams and 09.00 for the faster teams, if any team’s leg 1 runner misses the start, their official start time will be the time they should have started. Teams will be told their start time in advance.
9. The mass start at 14.30 at Shotover Plain will be for all teams that have not reached that checkpoint by then. If any Leg 6 runner starts after this time, their official start time will be 14.30.
10. 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.)
11. Runners should ensure that they wear clothing that will be visible by motorists. (Most legs have some road part, and runners might also go the wrong way and arrive on a road unexpectedly.)
12. 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, unless it is a tight right bend.
13. There are some road crossings on the route, runners have responsibility to negotiate them themselves.
14. Changeovers can only occur at the designated checkpoints / legs are not to be split.
15. It is the team/runner’s responsibility to get to/from changeovers.
16. The outgoing runner should alert the officials to the impending change-over for their team, in order that the change over is not missed.
17. If an outgoing runner fails to turn up, the incoming runner can continue, and must complete the whole of the next leg.
18. If an incoming runner fails to arrive at a checkpoint when reasonably expected, marshals can allow the outgoing runner to depart (probably around the time of the other last-to-depart team), whilst recording departure time. Team captains should be informed, and actions taken to retrieve the missing runner (trackers should give an indication as to what the issue could be). A time for the leg that was not completed will be added to that team’s total. It will be the slowest team’s time, plus 15 minutes.
19. Any runner that needs to drop out, 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 runner get ‘recovered’.
20. The route follows the official Oxford Green Belt Way Route. If variations are needed (e.g. for broken bridges), these will be distributed before the event.
21. If runners are delayed by the Abingdon Lock opening, this will be recorded by checkpoint officials and entered on the overall time sheet. Officials will try to communicate this to the other teams, but teams should be aware that this might not be possible.
22. 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.
23. 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.
24. 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.
25. Each runner must carry the tracker (which acts as a baton) – it is small and will fit in most waist-belts. It must be passed on at each checkpoint/changeover point. [If we do not have enough trackers, a substitute baton will be issued to the remaining teams to keep the aspect of carrying something fair.)
26. It is advised that runners also carry a mobile phone (with team captain contact information) and rudimentary First Aid Kit (to cover cuts due to falling/grabbing barbed wire/dog bites). Competitors obviously need to carry any personal medication that they would normally (EpiPens/inhalers/antihistamine/etc.). If possible the mobile phone should not as far away from the tracker as possible, as the phone can sometimes interfere with the tracker signal.
27. Runners should dress accordingly for the weather conditions and consider taking water, especially if hot or a longer leg.
28. Runners are not allowed to run with dogs.
29. The wearing of headphones when running is not recommended for reasons of safety.
30. Runners are allowed buddy runners. Those buddy runners may NOT run in front of the official runner as this gives a pacing/drafting advantage. Buddy runners can only run behind the official runner.
31. Runners are advised to recce their route. This is to familiarise themselves with the route, including specific hazards.
32. Legs have varying degrees of difficulty, due to their length, height climbed, underfoot conditions and obstacles/styles. Captains are advised to allocate their legs appropriately. Do not give the hardest leg to your slowest runner…otherwise it means the officials are out for much longer than they should be.
33. 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.
34. Captains should have/have access to emergency contact/details for runners in their team.
35. Runners must obey all race instructions from officials/marshals.
36. All race officials will ‘outrank’ runners/checkpoint officials, so if they ask you to do something to ensure the smooth running of the race, please co-operate.
37. All participants and spectators must abide by the Highway code.
38. Reports of accidents and near-misses should be reported to officials and then the Race Director.
39. Should the race need cancelling, or a route-diversion, this will be decided by the committee and communicated a soon as practicably possible. Should the race need deviating on the day, this will be communicated as widely as possible – to team captains, officials, WhatsApp groups, etc.
40. 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.
41. Due to the low-cost (i.e. free!) nature of this event, there are no large prizes. The committee will consider certain prizes depending on the number of teams entered. 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.

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Continued….’Sustainability’ and ‘Checkpoint’ rules/guidelines……

Sustainability competition rules

S1. The choice of this circular/local route is partly to have a long relay event, but without the large carbon footprint that other long relay events have.

S2. Participants are encouraged to pursue making this an environmentally friendly event as possible.

S3. This is a ‘Club’ event, i.e. combined for all the teams that a club enters. Clubs need to make marshals at each checkpoint aware for the following,

* How many cars has that the club brought to the checkpoint (for supporters/runners/marshals)
* How many people car-shared (were passengers)
* How many people arrived on foot.
* How many people arrived on foot (except runners)
* How was the checkpoint sustainable?
* How many marshals were staffing their checkpoint.

….. marshals will then record it – some have positive effects on the score, some negative.

S4. Due to the: low-cost (i.e. free!) nature of this event, multitude of factors that can affect the scoring system; possibility that we will might get the stats 100% correct…. there are not many prizes, apart from knowing that you had a good day out and it did not ‘cost’ the planet a much as alternative days out might have!

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Checkpoint/Best checkpoint competition rules

C1. Each/most clubs are tasked with staffing one checkpoint each, this will include at least two officials – for time keeping and checkpoint management. Those officials will be part of the ‘Officials WhatsApp group’.

C2. Checkpoint ICs need to ensure that:

* The checkpoint is in as safe a place as possible (for incoming runners, outgoing runners, and spectators).
* There is a clear changeover point for the runners.
* Times in and times out (which might be the same) are recorded on the online sheet (or relayed to other officials).
* Account for all runners, if anyone is missing alert the team captain of that team and other event officials.
* Provide water, as a minimum. Some recyclable/re-useable cups would also be good. Other refreshments would be welcomed, but beware that there are a small number of runners and most just starting/finishing, so large quantities not required.
* There is no event budget for checkpoints, but your club might be able to contribute…
* A friendly atmosphere is maintained.
* Traffic is not obstructed. We do NOT have power to direct traffic.

C3. Teams will vote for their favourite checkpoint – scoring/recording system tbc.

C4. The sustainability of the checkpoint will also be taken into account.

C5. Due to the low-cost (i.e. free!) nature of this event, and the very vague and subjective scoring system……there are no prizes apart from knowing that your support crew was (probably??) the best one!

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