

Cotswold Relay 2017 -: Saturday 24th June 2017.

We are looking for willing volunteers to run the next Cotswold Relay in June. This is a fantastic race set in some of the best countryside in Britain - the famous Cotswold Way. Thornbury RC are entering 3 teams of 10 runners. One of the teams is the vet's (40+) team being organised by Rob Watkins and the remaining 2 teams will be mixed teams being organised by Judy and myself. We need a minimum of three ladies per team (>6 in total) so ladies please volunteer!. On the day there will be 3 people per leg from the club (1 from each team) running and roughly 100 runners from different clubs tend to compete in each leg. The race is hosted by Bath Athletics Club and has been run for over 20 successful years.

Further information can be found on the website: <http://www.cotswoldwayrelay.co.uk/>.

This is Pete's ultimate definition of a flat race (not....)!!

This is a great opportunity to represent the club, with great scenery, great company and is great fun.

Additionally of course:

- This is one of the races where the Running Club pays your entry fee so it's free!!
- And you will get a free technical T-shirt to commemorate the run. This year's theme is the Tyndale Monument just above North Nibley so the souvenir is nice and local.

Judy and I plan to host as many 'Reccie' runs as possible from now (or after the London Marathon) until the race, where we will do some of the legs. The purpose is to show anyone new to running on the Cotswold Way roughly how to find your way about and more importantly how not to get lost (we hope!!). At the moment it looks like the Saturday 29th April and 27th May are favourite and possibly the Sunday before the race on 18th June.

On the next page is summary of the different legs (obtained from the Cotswold relay website).

Please have a think about what leg you would like to run and let the organisers (Mike Bennewitz & Judy Mills) know your preferences on the form that will be at Club night each Thursday (or email direct). Only restriction is Leg 7 is taken as Nick and Judy need this leg to complete their 'King/Queen of the Cotswolds' awards - given to runners who complete All ten stages of the Relay. Incredible!! Don't worry if you're not at club night so feel free to email either myself or Judy with your preference (and a backup preference please). If you do it by email please also provide a mobile contact number for emergency purposes.

You will also note each 'leg' is a linear leg so cars will be needed at each end of the leg for pick-up and drop. Last year our respective wives/partners kindly helped, which made life a lot easier. Please be aware parking at some of the legs is not so easy and the cotswoldrelay website does give some information on Parking.

Mike Bennewitz: email: mikeben@blueyonder.co.uk: Mobile 0779 - 0491304 or f/b messenger

Judy Mills - email: judy.mills@live.co.uk: Mobile 07817 - 958199

STAGES and ROUTE INFORMATION**Cotswold Relay 2017**

STAGE	START	FINISH	Severity	START	DISTANCE	ASCENT	DESCENT
1	<u>Chipping Campden</u>	<u>Stanway House</u>	<u>Medium</u>	07:00	19.2 km	392 m	444 m
2	<u>Stanway House</u>	<u>Cleeve Common</u>	<u>Hard</u>	08:15	19.0 km	525 m	366 m
3	<u>Cleeve Common</u>	<u>Seven Springs</u>	<u>Easier</u>	09:35	13.2 km	327 m	371 m
4	<u>Seven Springs</u>	<u>Cranham Corner</u>	<u>Hard</u>	10:30	20.4 km	406 m	388 m
5	<u>Cranham Corner</u>	<u>Ebley Mill</u>	<u>Medium</u>	11:45	18.9 km	307 m	503 m
6	<u>Ebley Mill</u>	<u>Dursley</u>	<u>Medium</u>	13:00	14.0 km	409 m	367 m
7	<u>Dursley</u>	<u>Wotton-u-Edge</u>	<u>Easier</u>	14:00	11.6 km	292 m	299 m
8	<u>Wotton-u-Edge</u>	<u>Old Sodbury</u>	<u>Hard</u>	15:00	19.4 km	404 m	360 m
9	<u>Old Sodbury</u>	<u>Cold Ashton</u>	<u>Easier</u>	16:20	14.8 km	240 m	148 m
10	<u>Cold Ashton</u>	<u>Bath Abbey</u>	<u>Easier</u>	17:20	15.7 km	240 m	410 m

Thornbury Running Club