

Cotswold Relay 2018 -: Saturday 30th June 2018.

Following on from last year's success where Thornbury Running Club Vets team secured second place overall we have entered 4 teams into this year's CotswoldWay Relay. The idea is to get both as many club members as possible to do the race and also put on a good competitive show for the club.

It's a fantastic offroad race set in the beautiful Cotswolds, hosted by Bath Athletics Club who have been running it for over 20 years. On the day there will be 4 people per leg from the club with a 90 team limit set by Bath ACC - so 90 runners per leg and 900 only in total!!

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

This is Pete's ultimate definition of a flat race (not....)!! And in certain places you can see Wales as well!!

Although there are cut-off times for each leg don't worry about that too much (unless you are in the fast teams of course). The idea is to get as many people to do it as possible. In addition don't forget this is one of the races where the Running Club pays your entry fee so it's free!! Not only that you will get a free technical T-shirt to commemorate the run from the organisers.

Judy and I plan to host as many 'Reccie' runs as possible but with Bath ACC making a rather later than usual announcement about the race date we are little behind in that respect. Please keep tuned to the TRC Members Facebook Page.

BUT BUT BUT - even if you don't get to Recce with Judy and I please make sure you DO a Recce beforehand. Although the Cotswold Way is well signposted it's easy to go wrong as there are some turns where the signs are not as visible as we would like or even misleading at best!

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

I've got your choices for which leg suits you and the Provisional List is posted in this area on the Website. Please check this is correct and still suits your personal circumstances.

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 so please look at the CWR website (above).

And finally the club has taken a bit of a gamble this year and posted 4 teams, but the consequence is we are still about 3 runners short at the moment to fill the teams and have no reserves. Please do have a look at the list and put your name down to run if you can please.

And finally finally we are proposing to hold the Summer BBQ Party on the night of the Race (30/6) but more of that from Suzy Cundy.

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STAGES and ROUTE INFORMATION**Cotswold Way Relay 2018**

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