

How the Relay Works

There are five relay stages, for teams of two to five members. Each member completes their stage(s) before handing over their team's wristband (you'll find that in your race pack at registration) to their team mate at the fixed changeover points.



At least one team member must register at City Hall either on Thursday 30th May, 4pm–7.30pm, or on Saturday 1st June, 10am–8pm. The team pack must be collected as one, i.e. individual team members can't pick up their race bib. Your race bibs will have your team's number, prefaced by the letters A, B, C, D or E. There will also be 5 RELAY bibs in the pack. Please wear one of these on your back. It helps marathon runners to recognise that it's a zippy relay runner passing them out!

The team member who crosses the finish line **MUST** wear the "E" number. It has the **timing chip**.

Team members take one leg each (in teams of five), or take two or more **consecutive** legs in whatever combination suits them. We don't need to know which runner is taking which leg, but the Captain should know who's on which section.

Buses will shuttle to and from City Hall to Silversprings, Ringmahon Road and Model Farm Road.

- **LEG 1:** Start (Patrick's Street) to near Silversprings Hotel: **4.7 miles** (7.6km)
- **LEG 2:** Silversprings to Ringmahon Road: **5.5 miles** (8.8km)
- **LEG 3:** Ringmahon to Victoria Road: **5.8 miles** (9.3km)
- **LEG 4:** Victoria Road to Model Farm Road: **5.7 miles** (9.2km)
- **LEG 5:** Model Farm Road to finishing line (Patrick's Street): **4.6 miles** (7.4km)

Team of 5 (A, B, C, D & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option:	A = 4.7	B = 5.5	C = 5.8	D = 5.7	E = 4.6

Team of 4 (A, B, C & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option 1:	A = 4.7	B = 5.5	C = 5.8	E = 10.3	
	Option 2:	A = 4.7	B = 5.5	C = 11.5		E = 4.6
	Option 3:	A = 4.7	B = 11.3		C = 5.7	E = 4.6
	Option 4:	A = 10.2		B = 5.8	C = 5.7	E = 4.6

Team of 3 (A, B & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option 1:	A = 4.7	B = 5.5	E = 16.1		
	Option 2:	A = 4.7	B = 17			E = 4.6
	Option 3:	A = 16			B = 5.7	E = 4.6
	Option 4:	A = 4.7	B = 11.3		E = 10.3	
	Option 5:	A = 10.2		B = 11.5		E = 4.6
	Option 6:	A = 10.2		B = 5.8	E = 10.3	

Team of 2 (A & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option 1:	A = 4.7	E = 21.6			
	Option 2:	A = 21.7				E = 4.6
	Option 3:	A = 10.2		E = 16.1		
	Option 4:	A = 16			E = 10.3	