

# Garstang Running Club - Rules for Long Lane Challenge

## Introduction

Every year, the Garstang Running Club holds the Long Lane Challenge race for all club members (both 1<sup>st</sup> and 2<sup>nd</sup> claim). The race is held during a normal Tuesday evening club night at the Garstang Sports Club. This would be in summer and normally coincide with the club's annual barbecue.

## Awards

There are awards for:

1. The overall handicap winner; i.e. the 1<sup>st</sup> person to finish.
2. The fastest male runner.
3. The fastest female runner.

## Course

The course, on a combination of on and off-road, is shown in the map overleaf. It starts and finishes by Parkhead Farm on Parkhead Lane which is about a mile from the Garstang Sports Club. It has a total length of about 3.5 miles.

## Rules

1. Competitors must be members of the Garstang Running Club in order to count. Guests may participate but will not be eligible for awards.
2. Runners will be set off at intervals with the slowest away first. Subsequent runners will be set off after an interval based upon their handicap time.
3. The handicap time for a competitor will be agreed with the race organiser. Normally, this would be based upon a time from a previous year. In the event of no previous time being available, it would be an assessed time agreed with the race organiser.
4. If possible, competitors will be set off in groups.
5. The overall winner will be the person who is the first to finish.
6. Depending upon the number of entries, runners may be required to wear numbers.
7. The course is not marshalled and all runners are:
  - a. Expected to familiarise themselves with the route (see map).
  - b. Responsible for their own safety during the race, for example when crossing a road.
8. Awards will be given at the club's annual barbecue and winners keep them for one year.

