

Sign-up

- Teams must enter with a team captain and two vice captains 3 weeks prior to event day
- Team captains are responsible for recruiting their teams
- Vice captains will also receive all communications and act as team captain if required

Team Size

- Minimum 8 runners and maximum 12 runners
- Up to 4 Support Staff

Team Format

- Runners are not required to run an individual stage but must run every team stage
- Teams can have up to 4 additional support staff, who drive navigate etc
- Support staff **cannot** run in place of team runner (including injuries)
- Any team member may run or cycle alongside a team runner during a stage
 - not all stages are traversable by bicycle – please only use off road bikes

Registration

- Team members can be swapped up until registration at the start
- Once registered at the start you cannot change your entry
- You will be given a starting wave (1 hour each) and a specific start time within that hour
- Start times are based on a team's experience and running speeds
- Start times cannot be changed
- You must stick to your registration and start time to ensure you make it to Cardiff on time

Navigation

- You are expected to use the OSMaps you are given to navigate
- Signage will be on the route however is limited to approximately one every 1-3 miles
- Signage should be used for reassurance
- It is strongly recommended each team runner knows how to use a compass
- GPS maps and SmartPhones are to be used only in case of emergency

Checkpoints

- Teams must check-in at every checkpoint (unless leapfrogged)
- A runner cannot start until the previous stage is completed and GPS has checked in
- Concerns should be raised to the Hub or marshal
- Any team runner can switch at anytime with any other team runner, including between checkpoints although this is usually only due to injury
- Runners switching within a stage should ensure safety with parking and roads
- Runners can run any combination or number of stages
- GPS trackers **MUST** be swapped between runners at each checkpoint
 - Not swapping trackers may result in automatic retirement due the safety reasons

Stages are split into Green and Red sections

- You can run any route on Green sections
- You **MUST** run the directed route on Red sections
- Teams accidentally or deliberately not following Red sections may be asked to retire
- This is due to health and safety (e.g. to avoid busy roads with no footpaths)

Cut off times

- There are cut off times at each checkpoint
- Teams who miss a cut off time have two options
 - Leapfrog a number of checkpoints to continue racing
 - Pull-out of the challenge, and drive to the finish/go home

Finish

- Every team will be expected to run their last team lap (including leapfrogged teams)

Results

- Team challenge times will be given for the overall event
- Stage times for each team may be given if available