

Updated: 24th May 2022



WE'RE BACK!



**28.06.22
HARRIERS'
3KM RELAYS**
Similar course to last year

**Tuesday
28th June
7pm**

Nonsuch Park Mansion
Sutton, SM3 8AB

Nonsuch Park

**After a successful race last
year, we are back for 2022**

<https://tinyurl.com/nonsuchrelays>

Supported by Up & Running - www.upandrunning.co.uk



Epsom & Ewell Harriers 3Km Relay Race

Nonsuch Park

Tuesday 28th June 2022

7pm start (athlete declarations by 6.30pm)



Welcome to the second Epsom and Ewell Harriers 3Km Relay Race at Nonsuch Park. We hope this will be an annual fixture and provide another exciting mid-week relay race during the summer months. It was certainly very popular last year even with the COVID restrictions in place!

The purpose of this document is to provide some information about the course and organisation of the event. Hopefully, this will answer any queries you have, but if not please do not hesitate to get in touch.

The Course



Start / Finish / Race Control will be near the Parkrun summer course finish, but a little closer to Nonsuch House. The course itself will be very similar to the Parkrun A course, but will go around Nonsuch House and along the Avenue from the gate by the car park road. The course will be clearly marked and there will be marshals at key points. It is 3Km in length and there are 4 legs (4 athletes per team).

Race Categories

There are male and female categories for each of the following:

- **Young Athletes**
- **Seniors**
- **Vets**

Team / category rules are as follows:

- Young athletes - must be 16 yrs or younger on 31 August 2021
- Vets = M40 years or F 35 years ON RACE DAY
- Mixed age teams are classed as Senior teams
- Mixed sex teams are 'non-scoring'
- If an athlete runs 2 or more legs the team(s) of 2 and subsequent legs are non-scoring.

Team Entry / Payment

Team bookings must be made via the online payment portal at <https://eeh.sumup.link>

- Select the number of teams (not individuals) you wish to enter. A team is **4** athletes.
- In the name field, please include the name of the team manager and the club name.
- The email address provided will be used to send a personalised athlete declaration entry.
- For clubs entering multiple teams, this will be an online spreadsheet this year to make entries easier to manage and change prior to the deadline.

Athlete declaration forms must be completed electronically no later than 6pm on **Monday 27th June**. Team managers must collect numbers from race control from 6:15pm on race day and distribute numbers to their teams.

If you have any queries about entries, please contact eeh-relays@nhenderson.com before purchasing your team entries.

Places will be available on a first-come-first-served basis.

Please get your team entries in ASAP, but no later than Friday 17th June.

In the event of cancellation, clubs will receive a refund of any entry fees.

Team Management

Athlete declaration forms will be issued before the event and must be submitted electronically no later than 6pm on **Monday 27th June**. Team managers must collect numbers from race control from 6:15pm on race day and distribute numbers to their teams.

The person submitting the team declaration must ensure names are entered correctly and age category will also be required.

It is the team manager / captain's responsibility to ensure that team members are wearing the correct number for their team and participate in the correct order, as per the declaration form. Athletes in each leg should be attentive to the race and make sure they are in position for a smooth transition. No provision will be made for athletes who are not in the right place at the right time!

Parking

There are several car parks in Nonsuch Park, accessible from the Cheam Village entrance or the London Road entrances. Please consider parking in one of the London Road car parks and using that as an opportunity to for a warm up/down jog! If everyone descends on the Cheam Village entrance, there is unlikely to be enough parking. Please also consider more environmentally friendly travel arrangements if you live locally.

Prizes

There will be prizes for each of the team categories.

As stated, any mixed sex teams are non-scoring and therefore not eligible for a prize. If you need to enter a mixed team, hopefully you will enjoy the taking part and friendly atmosphere.

Power of 10

As this is a licenced race, we will submit all times to Power of 10 as soon after the event as practically possible. Please be aware that it may take some time to manually reconcile all athletes. As mentioned above, please ensure declaration forms contain full names and correct spellings.

Start Times

Unlike last year, there will be no staggered starts or 'waves'.

All first leg runners will start together at 7pm.

We would like to thank Up & Running in Surbiton for sponsoring the Race Numbers.

[Up & Running Surbiton \(upandrunning.co.uk\)](http://upandrunning.co.uk)