Telford T50 50 Mile Trail Relay Challenge 2024

NOTES FOR TEAM ORGANISERS

The purpose of the Telford T50 50 Mile Trail Relay Challenge is to promote the Telford T50 50 Mile Trail by organising a Relay Challenge for teams to complete the Trail in the best possible time and to provide an interesting running challenge. It is not a race and it is not marshalled, just a challenge for local (or distant) teams to enter.

One or more Zoom video briefings will be held for Team Organisers on dates published on the website (https://www.telfordt5050miletrail.org.uk/the-relay-challenge)

The Challenge should be completed in the clockwise direction, as a relay, on any one day in April to June. The handover should be by the incoming runner touching the outgoing runner (change for 2024, this was varied during the Covid years) .

Classes: Open 4-20 runners; Mixed 6-20 runners with at least 3 females, at least 3 over 50 (a 50+ female can only count in one of the categories) Please read the Rules before you start organising your Team.

The Team Organiser's role is to allocate runners to each leg and collect their times. The Telford T50 50 Mile Trail is broken into 20 different legs for the purpose of the Relay. Legs vary from about 1.7 to 3.8 miles in length. Runners can run more than one leg, either consecutively or otherwise. Previously, teams have found it helpful to set up a WhatsApp group to communicate about progress on the day. It is highly recommended that all participants practise their individual legs in advance, to avoid getting lost on the day.

Note: please check this page https://www.telfordt5050miletrail.org.uk/diversions the day before your run. If any diversions are shown, the runners should follow these.

The trail is divided into 7 stages. There are downloadable route descriptions on the website. It is also possible to buy (for £5 or £8 by post) a guide book containing these route descriptions and other information. The spreadsheet (see below) shows which stage each leg falls into and gives the URL for the leg on RunGo. As well as being detailed on the spreadsheet, the legs and RunGo links are also shown on this page https://www.telfordt5050miletrail.org.uk/the-relay-challenge .

The changeover points are shown as waypoints here https://explore.osmaps.com/route/2130709/telfordt5050miletrailrelaylegs A list of What3Words locations for changeover points will be supplied.

There are gpx files for the whole route, and for each leg separately, on the fileshare https://www.telfordt5050miletrail.org.uk/file-share/cb2d54bf-8000-48c6-ac9f-4fe270210760 . Runners should measure their leg times on a device such as Strava or Garmin.

The team organiser should download the spreadsheet from the website. (See your confirmation email for the URL) . The team name should be entered in in cell O5 in the spreadsheet. Before the day, the runners data should be put into columns M to O, the Age Categories (only needed for mixed teams) are M, VM(50+), F and VF(50+). There is a useful optional feature in the spreadsheet to calculate expected time. If the start time in hh:mm is put into Cell H7, and the expected minutes per mile for each leg (in decimal minutes, so 10.5 is 10 mins 30 secs) are put into the appropriate row in Column O, then Column H will give the expected time (hh:mm) that each leg will end. The spreadsheet starts with a start time of 08:30, and an estimated 11 minutes per mile for each leg. This gives an overall time of just under 9 hours 15 minutes,

After the event, the leg times in hh:mm:ss should be put into cells P11 to P30, if a runner runs consecutive legs there is no need to input the individual leg times, just put the whole elapsed time against the last leg and leave the others at 00:00:00. The absolute minimum to enter is the start and finish time in cells P34 and P35. Please be careful to use the format hh:mm:ss . When the spreadsheet is complete, the organiser should email it to info@telfordt5050miletrail.org.uk to complete their entry to the Challenge.

Please send any queries, questions or suggestions to info@telfordt5050miletrail.org.uk