

## Runner Handover Process & Rules

Please refer to the below schematic in conjunction with these instructions.

Upon completing their lap, runners will cross the Start/Finish line and then approach the exchange zone at which point they will hand over their baton to another member of their team (throwing batons is not permitted). All outgoing runners must wait within the exchange zone to receive the baton before starting their lap. Anyone setting off before receiving their baton will be disqualified! Exchanges can be made along the entire length of the exchange zone, so spread out – but again, do not leave the zone without your baton.

For the brave runners who want to continue straight onto a second lap and not pass on to a fellow team member, they can run straight past the zone.

Please be aware of runners approaching the zone at speed and leaving the zone at speed - please take care to not to impede or slow down others and take care when leaving the exchange zone to start your lap as it will be busy. Incoming runners who have completed their handover should leave the course via the exit in front of the exchange zone (where they can then visit the water station).

The exchange zone is **not a spectating area** and is for runners about to start a new lap only. Please take care in this zone as runners will be constantly setting off on new laps. Runners leaving the exchange zone should look before they run. Don't grab your baton, turn and run without knowing who or what is around you.

Each member of your team must complete at least one lap. All runners must be registered in your teams – if you have any last minute team changes, please let us know when you collect your race packs at Registration. All runners entering and leaving the course must do so at the exchange zone.

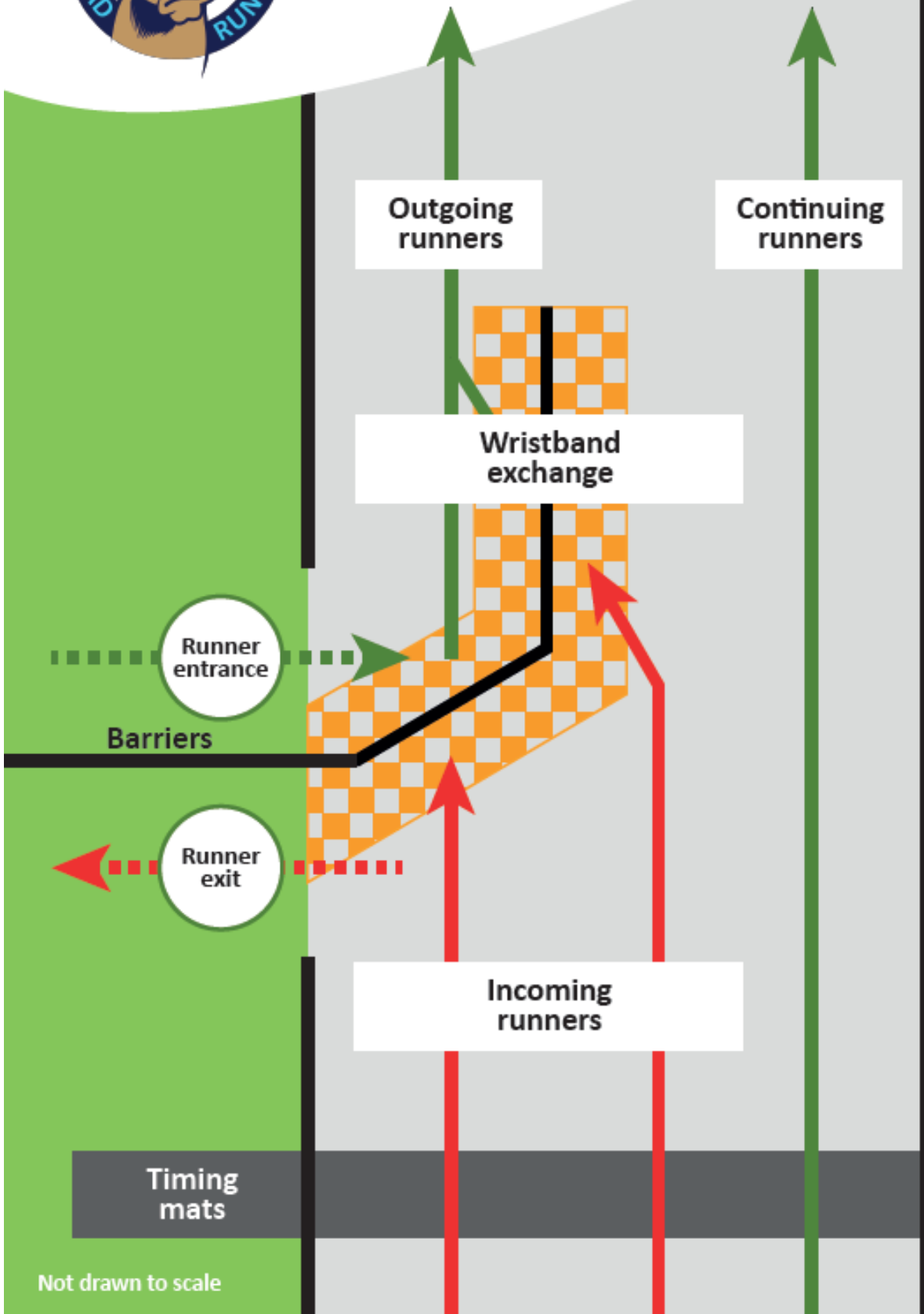
NOTE: We expect most people to handover to another runner after every lap, but if your team member is not there, simply pass the exchange zone and continue for another lap.

### The end of the race

All laps started before the end of the 4th hour can be completed and will count towards your team total. No laps can be started after the end of the 4th hour, therefore plan the last hour carefully to ensure you get that last lap in! If two or more teams finish on the same number of laps, then the winner will be the team with the quickest overall time.



## HART 4 Exchange Zone



Not drawn to scale

## Leaving after the Hart 4

We will have several hundred cars onsite and most of them will be wishing to depart shortly after the race has finished. We have only one exit back to Minley Road and to avoid queues and congestion, **all cars will need to turn left** onto Minley Road when exiting from the event site. By avoiding cars turning right on exiting, this speeds up the departure process for all and avoids cars having to turn right across a potentially busy and fast road.

This will mean if **you wish to join the M3**, then please travel along the Minley Road (towards the A30) and then make a U-turn at the first roundabout (less than a mile) to head back to the M3.

## Thank you to everyone that made this possible !

A huge thank you to all the runners and teams that have entered this event, we hope you have a great time.

Hart Road Runners and the Hart 4 Organising Committee would also like to offer our sincere thanks to the following people and organisation that without which the Hart 4 would not have been possible.

### Our Race Sponsors

[Clearview](#) , [Bio Synergy](#), [Everyone Active](#) and [Waterfords](#).

### Chip timing Sponsor

[Finding Friday](#)

### Prize and Goody Bag Sponsors

[Eversley Storage](#), [Alton Sports](#), [Elusive Brewing](#), [Square One](#), [Superfeet](#), [Greepers](#), [Event Clips](#) and Tesco at Hook.

### Children's Entertainment Sponsor

[Lookers Audi](#)

## Post-race feedback

This is the first running of the Hart 4 trial relay and we'd love to hear from you, please tell us what you enjoyed from the day and also how we can make it even better next year.

Our Runner's World event listing can be found [here](#) – please can you take a few minutes to let us know what you thought.

Or alternatively, your feedback can be shared on our [Hart 4 Facebook Page](#) or email us via the Contact page on the [Hart 4](#) website.

Wishing you a great race,

### The Hart 4 Organising Team

[www.hart4.co.uk](http://www.hart4.co.uk)

The Hart 4 is a Hart Road Runners event. Hart Road Runners is a friendly running club based in Fleet, Hampshire. For more information on Hart Road Runners, including how to join, please see our club website [www.hartroadrunners.co.uk](http://www.hartroadrunners.co.uk)