

Telford T50 50 Mile Trail Challenge - Spring 2021

NOTES FOR TEAM ORGANISERS

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

The Spring Challenge should be completed in the clockwise direction, as a relay, on any one day in April to June 2021. **Please observe social distancing guidelines. The handover should be by the incoming runner arriving within 2 metres of the outgoing runner.**

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.

Download the spreadsheet from the website. The trail is divided into 7 stages, the spreadsheet shows which stage each leg falls into and gives the URL for the leg on RunGo. The legs are detailed on the spreadsheet and here <https://osmaps.ordnancesurvey.co.uk/route/2130709/TelfordT5050MileTrailRelayLegs>

There are downloadable route descriptions on the website. It is also possible to buy (for £5 or £7 by post) a guide book containing these route descriptions and other information. There is a map for the whole route on the OS site and routes for each leg on RunGo. There are gpx files for the whole route and for each leg on the fileshare here <https://www.telfordt5050miletrail.org.uk/file-share/cb2d54bf-8000-48c6-ac9f-4fe270210760>. Runners should measure their leg times on a device such as Strava, Garmin or even a watch. The Team Organiser should enter the names (with age category for mixed teams) and times into the Challenge spreadsheet. Please see below.

Please enter the team name in cell O5. There is an 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 (can be decimal, 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. This gives an overall time of just under 9 hours 15 minutes. Before the day, the data should be put into columns M to O, the Age Categories are SM, VM (50+), SF and VF (50+). After the event, the leg times in hh:mm:ss should be put into cells P11 to P30, if a runner runs consecutive legs please try to give the individual leg times, but don't worry if you can't (in this case 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 relay@telfordt5050miletrail.org.uk to complete their entry to the Challenge.

Previously, teams have found it helpful to set up a WhatsApp group to communicate about progress on the day.

Feel free to send any queries, questions or suggestions to relay@telfordt5050miletrail.org.uk