



How the Relay Works

There are five relay stages, for teams of two to five individuals. Each team member completes their leg(s) before handing over their team's wristband (you'll find that in your race pack at registration) to their team mate at the fixed change-over points.

At least one team member must register at City Hall on either Sat. 5th or Sun 6st May, 10am–6pm. There you'll collect your 10 race numbers. These will have your team's number, prefaced by the letters A, B, C, D or E. There will be two of each letter, one to be worn on the front, the other on your back. The person who is going to cross the finish line should wear the "E" number and the team's timing chip.

Team members take one leg each (in teams of five), or take two or more **consecutive** legs in whatever combination suits them. The relay legs vary in distance as follows:

- Start (Patrick's Street) to near Silversprings Hotel: **5.2 miles** (8.3km)
- Silversprings to Ringmahon Road: **5.5 miles** (8.9km)
- Ringmahon to Victoria Road: **5.8 miles** (9.3km)
- Victoria Road to Model Farm Road: **5.2 miles** (8.4km)
- Model Farm Road to finishing line (Patrick's Street): **4.6 miles** (7.5km)

Team of 5 (Members A, B, C, D & E)

Team of 5 (A, B, C, D & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option:	A = 5.2	B = 5.5	C = 5.8	D = 5.2	E = 4.5

Team of 4 (A, B, C & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option 1:	A = 5.2	B = 5.5	C = 5.8	E = 9.7	
	Option 2:	A = 5.2	B = 5.5	C = 11		E = 4.5
	Option 3:	A = 5.2	B = 11.3		C = 5.2	E = 4.5
	Option 4:	A = 10.7		B = 5.8	C = 5.2	E = 4.5

Team of 3 (A, B & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option 1:	A = 5.2	B = 5.5	E = 15.5		
	Option 2:	A = 5.2	B = 16.5			E = 4.5
	Option 3:	A = 16.5			B = 5.2	E = 4.5
	Option 4:	A = 5.2	B = 11.3		E = 9.7	
	Option 5:	A = 10.7		B = 11		E = 4.5
	Option 6:	A = 10.7		B = 5.8	E = 9.7	

Team of 2 (A & E)		Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
	Option 1:	A = 5.2	E = 21			
	Option 2:	A = 21.7				E = 4.5
	Option 3:	A = 10.7		E = 15.5		
	Option 4:	A = 16.5			E = 9.7	