

RUNNERS NOTES

1, If you are on facebook, before the big day please join the facebook group dedicated to the relay.....

<https://www.facebook.com/groups/740280803177626/?ref=share>

This is where ideally we would like you to add your photos of yourselves with batons! All clubs will be adding their pictures there. Please tag your team on your pictures if you can. If you do not wish to post a picture, that's fine.

2, At your allotted hour please start your run/walk, then when you have finished your hour note the distance and send it to YOUR team captain. If you can send a screen shot, great if you're unable to send a screen shot or photo fear not, just send the distance. Please DO NOT post it on the facebook group above as its for baton photos.

3, Please get your distance to your captain ASAP after finishing your hour, the scoring is live so at the end of each hour the sooner distances can be loaded the better.

4, If you are doing consecutive hours that's fine, when you finish send the total distance and it will divide equally over your allotted hours.

5, You must carry your baton for the full hour

6, You must obey all social distancing rules

7, If running after sundown you MUST wear hi-vis and I suggest lights if on country roads

8, You must remember to send your distances ASAP

9, If you would like to follow how the scores are looking you can go directly to the leaderboard here...

<https://virtualrelay.norfolkgazelles.co.uk/leaderboard>

10, The link to the donations page is below, please keep spreading the word.

<https://uk.virginmoneygiving.com/Team/Norfolkrunningclubs>