

River Relay – Instructions to Timekeepers 2026

Thank you for offering to help with the race timekeeping. Its an important role and helps make the race the success it is. In case you are unfamiliar with the system, this is how it works.

The changeover point is quite simple with a few stakes joined by tape. It works best if the line of stakes runs in the direction of travel for the runners. Probably easiest if set up as a short funnel with say the second stake in marking the finish line.

Incoming runners come into the funnel and hand over the baton to the outgoing runners who set off on their leg.

In this example I will give the details for changeover 3 at the end of leg 3. Incoming runners will all have numbers ending in 3 which indicates they are running leg 3. Outgoing runners will all have numbers ending in 4 (for leg 4).

When the outgoing runners arrive, you should mark them off on the supplied team sheets. (Don't worry about names, we are just looking at the team numbers). That way we will know how many teams actually start the leg, which enables us to know when all runners on the leg have finished.

You will have a results sheet and a stopwatch (physical watch, or you may prefer to use a timer on your phone), which should be showing the elapsed time from the race start. The way this works is that when the race starts in Boveney at 08.45 we will synchronise watches either physically at the start or by phone with the timekeepers. If it's a physical watch start, then the watch will be delivered to the start of the leg you are timing. So, for example, a runner finishing leg 3 will be around 17 miles into the course. If his team are averaging 6-minute miles then the elapsed time showing on the watch will be $17 \times 6 = +102$ minutes = 1hr 42, so the watch time will be that added on to the 08.45 start = 10.27.

Best way to operate is the same as used in cross country events. One person holds the clipboard and records the results and the other calls them. So if the runner above was in first place, write his number (say 4443) in the number column next to position 1, and the time (10.42.00) in the time slot next to it.

If anything goes wrong (for example the watch is not delivered, the watch stops, gets turned off etc, then just make sure you get a time of some sort down so that we can correspond times later. You can for example just start a stop watch function running on a mobile and make a note of the time you started it running.

When the runners are finished you can pack up and go home or on to the race finish at the Bushy Park Sports Club. But please try to get the results sheet to the finish either yourself or via a reliable courier! An easy and reliable way to get the results through is to use your phone to take a picture of the results sheet, then send it to the results coordinator. We will let you have the number in advance.

We can supply you with race kit in advance.

- Plastic stakes
- Tape
- Clip board
- Pens
- Results sheet
- Marshal bibs
- Disposable cups
- Water

Cups and water for runners finishing and possibly starting, depending on the temperature.

Your only other duty is one of care to ensure that all runners are OK. Use your discretion to decide if someone will be ok to get a lift from another runner (If they have say a calf injury and are limping) or if they are in need of medical attention. Perhaps someone can give them a lift to hospital, or if it seems more serious, obviously dial 999 and ask for an ambulance.

These instructions are a general overview. I will speak to individual timekeepers to brief them on specific arrangements