

WORLD MARATHON CHALLENGE 2014

ORGANISERS GUIDE



Supported by

Eveque



**Amateur
Athletic Association**

WORLD MARATHON CHALLENGE

WHAT IS IT?

The World Marathon Challenge is annual event for schools, clubs and communities around the world. It is a fun competition which is simple to organise and aims to link the participating teams together as a world-wide shared sporting experience.

In September and October 2014, schools from Canada to Hong Kong and from Spain to New Zealand will once again compete against each other and look to beat the world marathon record.

A TRULY GLOBAL EVENT

The World Marathon Challenge is a simultaneous relay in which teams from across the world race against each other over the full marathon distance – and your school can be part of it.

The World Marathon Challenge began in 2008 and became so popular that by 2013 it was the largest event of its kind ever staged. From a pristine indoor running track in Manchester to a forest path in Mexico to a grassy field marked with a painted white line in Kenya, last year 20,000 children took part from over 45 countries.

After two successful years by one of our teams in Kenya, last year's title went to an English school team from Thomas Tallis High School in London with a time of 1:51.39 seconds. 20 other teams joined Thomas Tallis in **beating Wilson Kipsang's world record of 2h 3m 23s** and we hope to see even more breaking that milestone this year.

TAKING PART STEP BY STEP

1. Choose a date and venue for your World Marathon Challenge event.
2. Register your team(s) of around 15 girls + 15 boys plus a captain (minimum team size 26 members and maximum team size 36 members) online at www.competitioncentre.net
3. Publicise your event.
4. Maybe challenge other teams to take part too?
5. Set up your event on a running track or in a field, with the marathon distance divided into 200m sections, plus an opening leg of 195m (This Organisers guide has full instructions).
6. RUN! Each team member runs 200m before passing the baton on. In total each runner completes between six and eight legs while wearing a race number to identify their position in the sequence.
7. Record checkpoint times throughout the race and log them online.
8. Enter your final times and share photos and stories through our Twitter & Facebook accounts.

REGISTER YOUR TEAMS, LOG YOUR RESULTS AND SEE YOUR PLACE ON THE WORLD LEADERBOARD AT www.competitioncentre.net

WHEN?

We know schools have busy schedules, so this year we're offering a two week window: you can run your event any time from 17th September to 1st October.

We've designated the **1st October** as the main event when we're inviting as many teams as possible from around the world to run their marathons simultaneously*.

* For those teams running simultaneously on 1st October, start time is 11am BST

TEAM CATEGORIES

- Mixed gender (aged 11 to 13 years)
- All Boys Teams (aged 11 to 13 years)
- All Girls Teams (aged 11 to 13 years)
- Open Category (any age, even adults!)

All single gender schools may partner with another school to make mixed gender teams

We recommend that primary school aged teams enter the World 5000m Challenge instead (more information about this can be found on the website)

INVOLVE EVERYONE

Invite your whole school to be part of the event – not just the runners. The race itself can be organised by around a dozen young officials and there are many other ways for students to get involved:

- Photography and film
- Local press
- Social media or blogging
- Internal communications
- Guest hospitality

FUNDRAISING

The competition is free to enter. There is no obligation to collect for any charity but the World Marathon Challenge provides an excellent opportunity to raise money for a good cause.

COMPETITION CENTRE

This worldwide race comes alive at our online Competition Centre, where you can:

- Register your venue and team detail.
- View your team on the map alongside hundreds of others from all over the world.
- Enter your finishing times and check times at 6,000m intervals.
- See where you're ranked against other teams around the world.

Register now for free at www.competitioncentre.net

ON THE DAY

WHAT YOU WILL NEED

- A large open space or running track
- Cones or markers to mark out the track
- Up to 5 teams wearing different colours can be accommodated on a single track
- Race numbers (pdf available online)
- Recording sheets (available online) and pens for Officials
- 1 Lap indicator board per team
- 1 Baton per team
- 1 Stopwatch per Time Keeper
- First Aid Kit
- Internet access to log and view live checkpoint times and results if possible

RACE OFFICIALS

The race can be organised by a core team of 12 volunteers or students or you could choose to involve more people to give your event even greater impact.

Recommended numbers of organisers for the relay itself are as follows:

	2 team race	3 team race	4 team race
Race Organiser	1	1	1
Referee	1	1	1
Judges	2	3	4
Time Keepers	2	3	4
Lap Board Operators	2	3	4
Team Manager	4	6	8
Total	12	17	22

OFFICIAL DUTIES

- **Race Organiser:** The Race Organiser will liaise with the Referee, Judges and Timekeepers, and transmit check times to Race Control.
- **Referee:** The Referee will be responsible for making sure that teams adhere to the rules and that the Judges, Time Keepers and Lap Board Operators ensure that each team covers the correct distance.
- **Judges:** The Judges must record the laps completed by each team as the relay progresses by putting a tick mark in the appropriate place against the team on the recording sheet. They must also ensure that the team managers are correctly controlling the take-overs.
- **Time Keepers:** The Time Keepers should record the cumulative times for each team at the end of each lap. This will act as a cross-check against the Judges' records and the Lap Board Operators. They must also inform the race organiser of the times at the specified check points (see 'Race progress reports' above).
- **Lap Board Operators:** We recommend that a separate lap board is provided for each team. Lap Board Operators are responsible for ensuring that the lap board assigned to their team always shows the correct number of 'laps to go'. Each lap board should be clearly marked (preferably colour-coded) so that it is clear which board belongs to which team. These lap boards will also act as a cross-check for the Judges' and Time Keepers' records.
- **Team Managers/Takeover Monitors:** Each team will require two Team Managers to ensure that their team members are in place in the correct sequence for each take-over.

You will be able to download recording sheets for Judges and Time Keepers from www.competitioncentre.net.

TRACK INSTRUCTIONS

OPTION A: 400-METRE TRACK

The full marathon distance of 42.195km is made up of 105 laps of a 400m track, plus an extra first section of 195m, which can be run by a teacher or special guest.

Each team member runs half a lap (200m) of the track at a time. Mixed teams should run boy-girl, alternating throughout the relay.

A separate lap counter is required for each team, showing the number of laps remaining – starting at 105 and working down to zero.

Depending on the size of the team (26 to 36 runners), each runner will need to run between six and nine of the 200m sections.

ODD NUMBER OF RUNNERS

When using a 400m track we recommend that teams use an odd number of runners to help maintain the sequence in the order of running.

Note that if the team has an odd number of runners, to maintain the sequence each team member will start alternatively from takeovers 1 and 2 or 2 and 1 (ie. where they finished at the end of the leg before).

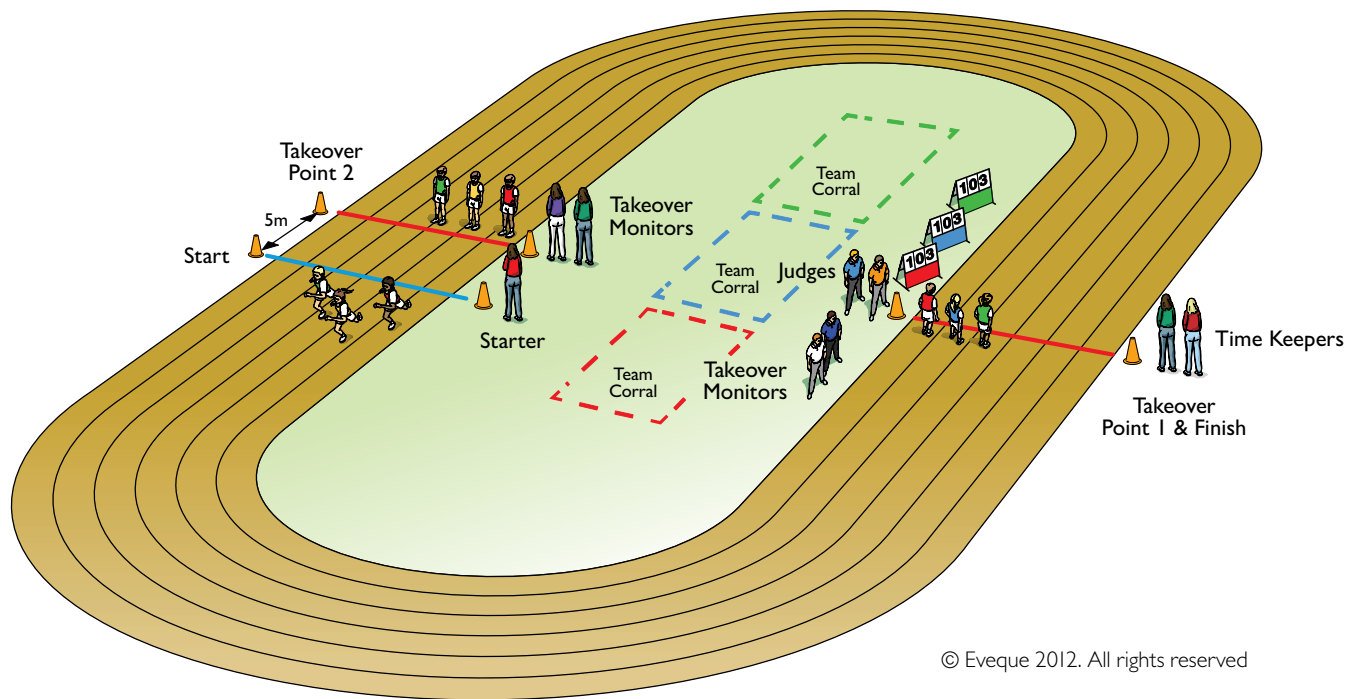
MARKING IT OUT

The start line and takeover/finish point should be positioned half-way along the straight, ie. not close to a bend. The start line is positioned 5m forward from the takeover/finish point.

Organisers should think carefully about the location of the takeovers and the team corrals. By positioning the takeover points at the mid-point of the two straights, a central corral where the runners can keep their kit will be only a short distance from both takeover positions.

We would advise having two takeover monitors (officials), at each takeover position who would work with the judges.

Using a 400 metre Track



OPTION B: 200-METRE TRACK

The full marathon distance of 42.195km is made up of 210 laps of a 200m track, plus an extra 195m first section, which can be run by a teacher or special guest.

Each team member runs one lap of the track at a time. Mixed teams should run boy-girl, alternating throughout the relay.

A separate lap counter is required for each team, showing the number of laps remaining, starting at 210 and working down to zero.

Depending on the size of the team (26 to 36 runners), each runner will need to run between six and nine times over the 200m sections.

MARKING IT OUT

The diagram on the next page shows the layout of a 200m track marked using cones on a school field, large playground or football pitch. The track can be laid out in 10 minutes using a 30m tape.

Place two cones 25m apart and form the track by striking two arcs of 23m radius.

The track should be at least 6m wide.

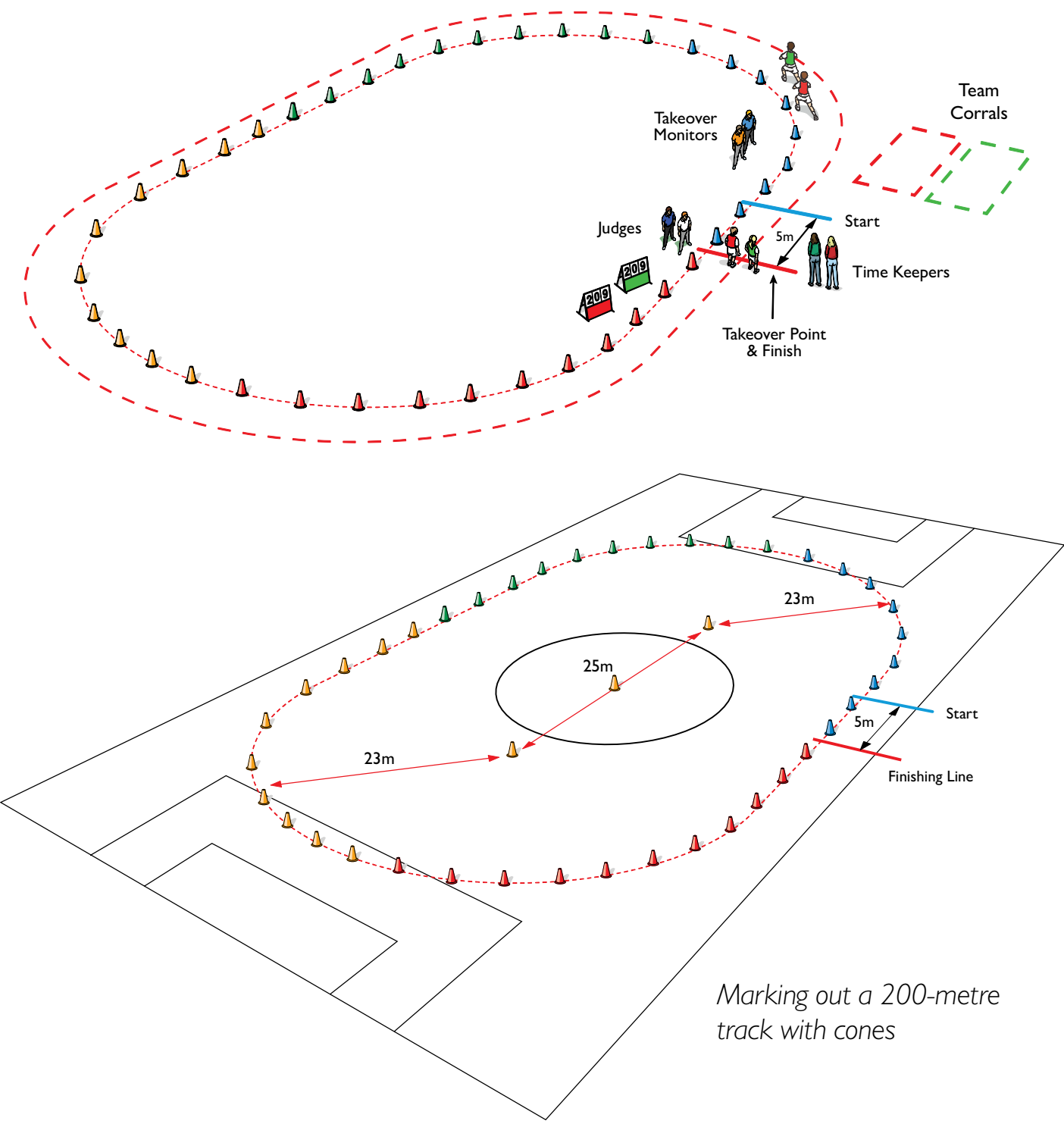
The start line and takeover/finish point should be positioned half-way along the straight, ie. not close to a bend. The start line is positioned 5m forward from the takeover/finish point.

USE OF AN IRREGULAR SHAPED COURSE

In certain situations organisers may have no alternative but to use an irregular shaped course.

Such a course may be used provided it is well marked and accurately measured. However, we would recommend that irregular courses are based on a 200m lap.

Using a 200 metre Track



OPTION C: 200M LAP ON 100M STRAIGHT

The full marathon distance of 42.195km is made up of 210 'laps' of 200m of this linear course, plus an extra 195m first section, which can be run by a teacher or special guest.

Each team member runs one 200m lap of the course at a time. Mixed teams should run boy-girl, alternating throughout the relay.

A separate lap counter is required for each team, showing the number of laps remaining, starting at 210 and working down to zero.

Depending on the size of the team (26 to 36 runners), each runner will need to run between six and nine times over the 200m sections.

MARKING IT OUT

The linear course can be marked out on a 100m length of road, promenade, pathway or track.

Two cones serving as turning points are set 98m apart and the takeover point is positioned at the mid-point of the straight.

The start line and takeover/finish point should be positioned half-way along the straight, ie. not close to either end. The start line is positioned 5m forward from the takeover/finish point.

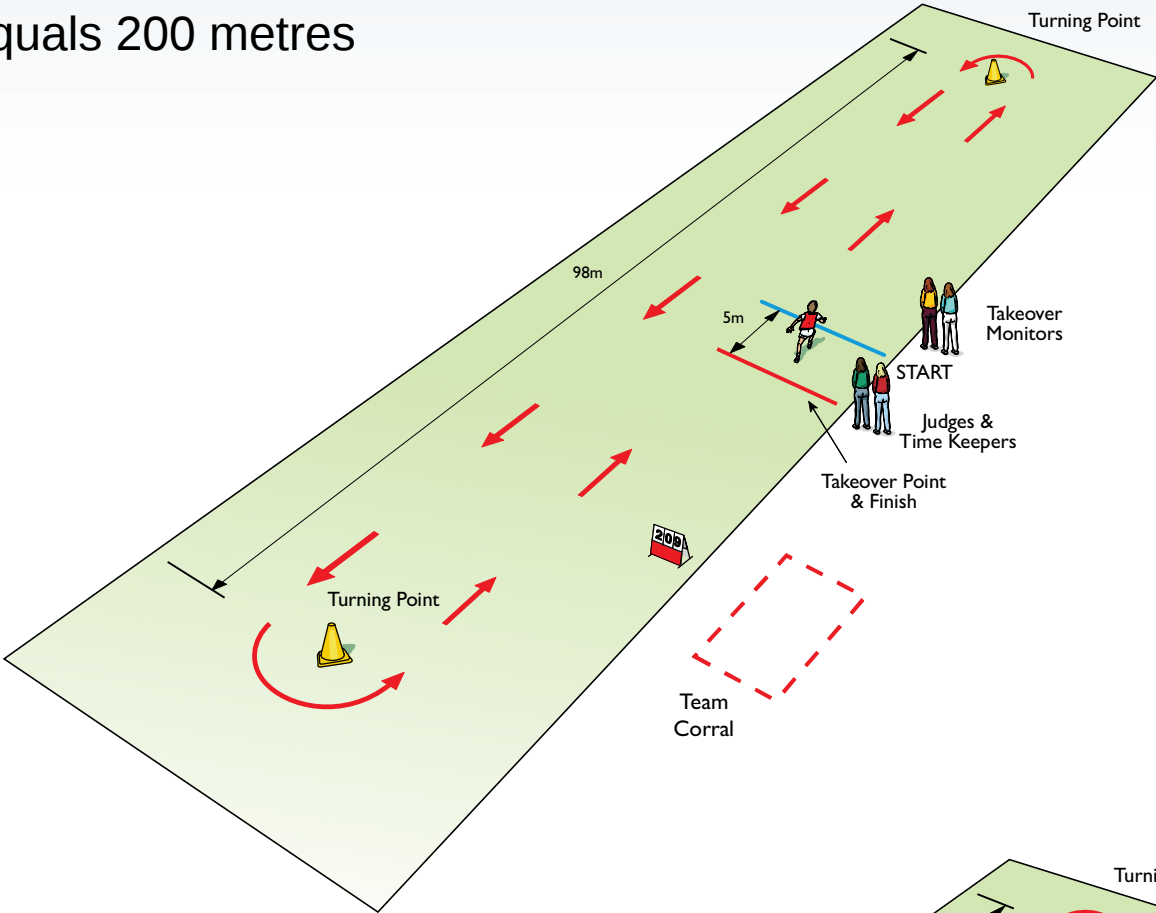
Each team member, starting from the takeover position, runs the two straights, rounding both turning points and back to the takeover position. The total distance covered in each leg, including 2m extra to allow for each turning point, is therefore 200m.

MULTIPLE TEAMS

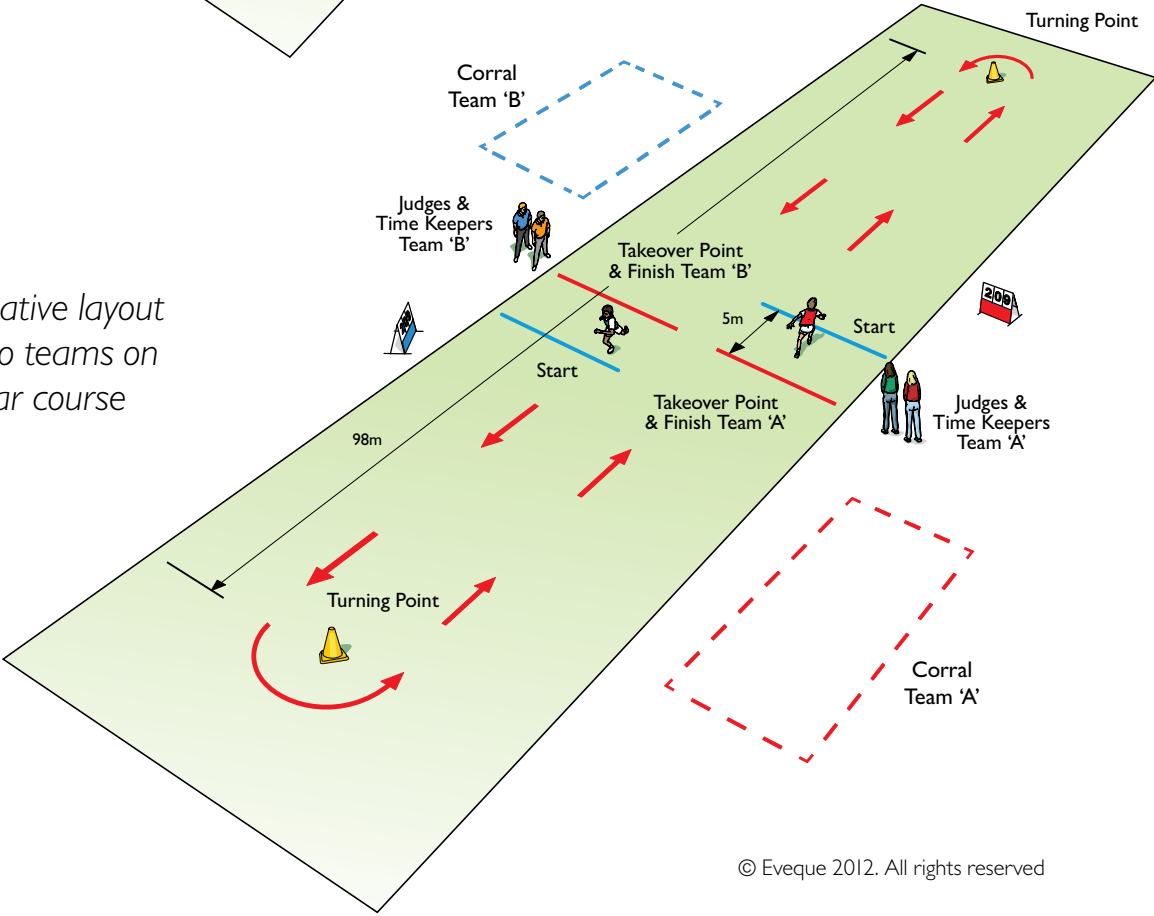
Note: this diagram shows the course being used for a single team. Up to two teams can be accommodated on the same course or two courses may be placed side-by-side.

Using a linear 100 metre Track

1 lap equals 200 metres



Alternative layout
for two teams on
a linear course



ONLINE RESOURCES

We're here to help you make your event a huge success. There are lots of useful resources available for download from our website www.competitioncentre.net including:

- World Marathon Challenge race numbers
- Certificates for runners*
- Posters to promote the event in your school and beyond
- Judges' and Timekeepers' recording sheets
- Guide to qualifying for British Athletics Awards

CHILD SAFEGUARDING

The safety and wellbeing of children is paramount and you must ensure that at all times the appropriate level of supervision and care is being provided by responsible adults to enable every child to have a fun and, most importantly a safe day. A set of guidelines on child safeguarding can be found at www.britishathletics.org.uk/governance/welfare-and-safeguarding/guidance-documents-and-resource

FIRST AID

Local Organisers will be responsible for ensuring that a qualified first aider is present at their event.

LIABILITY

The promoting partners the Amateur Athletic Association and Eveque are not hosting these events. They therefore cannot accept any liability should you decide to organise an event, including for the travel, security (including, but not limited to, personal property and medical), health and safety, or otherwise for you, your fellow organisers and the children taking part in the event. Please ensure that the participants and your fellow organisers understand this.

STAY IN TOUCH

To keep up to date with the latest news in the run-up to, during and after the event, you can:

- Join us at www.facebook.com/EvequeWorldMarathonChallenge
- Follow us on Twitter: @EvequeWMC
- See who else has entered, enter and view results: www.competitioncentre.net
- Contact us by email: support@eveque.co.uk

OUR PARTNERS

The World Marathon Challenge is delivered by Eveque in partnership with Sportshall Associates, Amateur Athletic Association and England Athletics.

We would like to acknowledge the kind assistance of the **Amateur Athletics Association** for its support and funding during the first seven years of this event. .

We would also like to thank our other partners and supporters:

