

Relay/Organisers/ Location	Started/Date/ CH Inv	Teams/Cost	Legs/Distance/ Terrain	Clubs' Commitment	CH Teams	CH 2010 Performance
<u>Rack Raid</u> Fairwater Runners Monmouthshire	1993 Last Sun May/ First Sun June CH from start	13 runners c12 teams Mixed £104 inc Tshirt	13 (5.3–13.8 miles) Total 103 Road	No manpower contribution asked for	3 in 2010 (Mixed)	A & B teams won their categories
<u>Welsh Castles</u> Les Croupiers North to South Wales	1983 2nd Sat/Sun in June CH 6 years	20 runners c60 teams Open/Women/ Masters/Bus Houses £325 inc Tshirt	20 (8.6 – 13.3) Total 211 Road	5 marshals	1 in 2010 (Open)	29 th
<u>Cotswold Way</u> Team Bath Glos/Worcs/Somerset	1990 Last Sat June CH from start	10 runners c60 teams Open/Women/ Mixed £75 inc Tshirt	10 (7.2 – 12.5) Total 104 Off-road with some road	'larger' clubs (eg Chepstow) provide water station	4 in 2010 (1 Women, 1 Men, 2 Mixed)	Women 1 st in cat. Men 4 th . Mixed 5 th & 24 th
<u>White Horse</u> Anthony Hickson (of Avon Valley Runners, but self-organised) Wilts	2010 CH from start	7–10 runners 11 teams (max 20) Open/Mixed/ Women	14 (1.9 – 10) Total 75 Tracks/Off- Road/Road	2 marshals and sweeper per team	2 in 2010 (1 Mixed. 1 Open)	Mixed 1 st in cat. Open 2 nd overall