



One Hour Race

A - Setting up the event

- Organise it on a track 400m long exactly;
- On any other track the timing and the control of the distance covered in an hour would prove very difficult.
- It is common to announce that the event will take place over 20,000m and for one hour.
- Arrange the time of the event so that the athletes are not affected by the heat, if possible.
- Have a maximum of 20 athletes per race and, if necessary, organise several races.
- Give, in each race, numbers from 1 to 20.
- Allow, for example, at least 40 people for the control of the event, allocated to the following duties:
 - 1 Referee,
 - 1 Starter,
 - 10 Timekeepers,
 - 3 Judges for the finish (one of them being in charge of the lap count),
 - 5 Lap Scorers,
 - 20 people in charge of marking the spot hit by the athletes at the end of a one hour race (the majority of the officials can be recruited at the track),
 - 1 Announcer.

B - Measures to be taken before the event

1. By the Referee in liaison with the Chief Timekeeper.

Organise as many teams of officials as there are groups of 4 athletes at the start. 4 being a maximum, the control of 4 athletes will only be given to experienced officials; the others will only follow 3, or even 2 athletes.

Each team should include:

- a timekeeper equipped with two double-action stopwatches;
- a lap scorer who will mark the scoring sheet. This sheet must be protected from the rain by a transparent sheet.

Place these teams, sitting if possible at a table, otherwise standing (the lap scorer having a board) always a short distance after the finish line and on the outside of the track.

- Remind the official how the lap scoring sheet is to be used.

2. By the Starter

- Remind the athletes that he will fire the gun 59 minutes after the start of the race and again after the 60 minutes.

3. By the Referee in liaison with an extremely qualified official.

- Make sure that the official has 20 metallic pegs numbered.
- Ask the officials in charge of marking the distance covered by each athlete in one hour to gather 45 to 50 minutes after the start of the race.

C - Measures to be taken during the event

1. Marking the lap scoring sheet:

- Before the event, the top of the page must be filled in and the numbers for the athletes that the team follows must be written in the left hand side column.
- Numbers 49 to 1 indicate the number of laps remaining for the 20,000m aspect of the race. When the athletes go through the line common to the start and the finish for the first time (400 metres in the race), fill in column 49, after the twentieth lap (after 8,000 metres) column 30, etc... until the bell is rung for each athlete when column 1 is filled in, after which the final time will be registered in the finish column.
- Every time one athlete whom the team has to follow approaches the line, the lap scorer will signal it to his time-keeper who will stop the first running time on one of his stop-

watches, will quickly read the time and then give it to the lap scorer whilst returning his stopwatch to running time. The lap scorer will note immediately the time in the appropriate place. This operation is to be done, for a team following 4 athletes, 200 times during the event.

- It will happen, especially at the start of the event, that two or more athletes cross the line together or very close to each other. In this case, the time-keeper will stop his watch on the first one and he will give either the same time, or a time slightly longer which his experience enables him to "deduce" from the slight distance which separates the two athletes.
- If, for any reason, a time has not been given, the corresponding space shall be marked with a cross.
- If an athlete has run more than 20,000m 400m before the gun shot signalling the hour, his time will be noted on an extra sheet after his 51st lap.

2. Taking the times for the odd numbered kilometres.

- The lap scoring sheet indicates the times realised by all the athletes at the even numbered kilometres (column 45: 2000m; column 40 : 4000m; etc...).
- With regard to the odd numbered kilometres, it will be necessary to take the times precisely for the leader of the race only, and we will operate in one of the three following ways:
- A team of timekeepers not attached to any of the lap scoring teams will place themselves on the start line for the 200m and will take the times for the 1st, 3rd, 5th kilometres, etc... ; will communicate them immediately either by intercom or walkie-talkie or telephone to the announcer ;
- In the absence of other communication, an official situated in the same place will put his arm up and put it down when the leader goes past and a timekeeper placed near the announcer will record the times ;
- A small flag will be placed high enough on the outside of the track and in line with the 200m start line and a timekeeper placed near the announcer will record the time when the athlete passes the flag.
- According to one of these methods (and preferably the third one), the times for the 5th and 15th kilometres will be recorded for as many athletes as possible, and after the race these times will be noted on the grey spaces on the lap scoring sheet.

3. Information to be given to the athletes.

By the announcer

- Announce the leader's time for each kilometre;
- Announce that there are 5, 4, 3 and 2 minutes racing time before the hour.

By the official in charge of the lap scoreboard

- At the start the lap scoreboard will indicate 50;
- When the athletes are completing their first lap it must indicate 49, etc.
- Even if some athletes are lapped or about to be lapped, the lap scoreboard will have to operate all the time for the leader of the event and, every time he enters the home straight, the display has to be changed to indicate the number of remaining laps for him to run.
- As far as possible, each lapped athlete will be given after each lap, by the lap scorer who follows him, the number of remaining laps he has to run. This is particularly important from the moment the bell has gone for the first athlete.

4. Control of distances covered over one hour.

After 45 to 50 minutes of the race, the relevant official must gather as many people as there are athletes in the race and give them each a numbered peg. Everyone must follow carefully the progress of the athlete whose number corresponds to the one on the peg.

The information given by the announcer that there are 5, 4, 3 and 2 minutes remaining before the end of the race gives the officials as many opportunities to spot their designated runner. When the two minutes are indicated every official must try to be at the same place as his runner and then again try to be in the same place as the runner when the gun is fired signalling the 59th minute. To that effect, he only needs to WALK on the grass between the 58th and the 59th minute IN THE OPPOSITE DIRECTION OF THE RACE. If we consider that a runner, on the basis of three minutes per kilometre, covers 333 metres in one minute,

the official only needs to walk 60 to 80 metres to find himself again at the same place as the athlete.

The officials will repeat the same procedure between the 59th minute gun shot and the 60th minute shot with, if necessary, an appropriate rectification by running the last few seconds of the hour. Only by following this procedure can officials not look foolish by trying to run for a long time alongside the athletes or by finding themselves a long way from them when the gun is fired to mark the hour.

When he hears the gun shot fired by the starter from the centre of the grass arena upon the indications of the timekeeper placed near him, each official fixes his peg on the spot where the athlete he follows last made contact with the ground. The peg is pushed in the ground on the grass 50cm from the inside lane and the official must stay near it, in order to ensure that it is not moved, until the time of measuring.

D - Recording the results

At the gun shot for the hour, the race is over for the athletes who have covered 20km. All the others carry on until they have crossed the finish line for the 50th time.

All the timekeepers (except the one who works in liaison with the announcer) as well as the lap scorers do not concern themselves with what happens in the hour race.

The fact that a timekeeper has two stopwatches for four athletes means that when they finish the race he will stop them successively;

In this way we are assured to have a time for each athlete.

It is up to the Chief Timekeeper to take the necessary measures to ensure, with the help of the timekeepers not in charge of lap scoring and by using all the stopwatches available, the maximum of performances recorded by three timekeepers.

The judges record the finishing order upon the information given by the lap scorers that each athlete finished his race. It is quite obvious that, a lap before, the bell must have been rung for him.

As soon as the last athlete has finished, under the supervision of the Referee, the distance separating the finish line and the spot where the peg has been planted for each athlete is measured (and recorded rounded down to the nearest full metre). The measuring is done either with a measuring wheel or with a measuring tape. Whatever the case may be, measure at 30cm from the inside of the track (kerb) (in the case of measuring with a tape, use wedges of that length in order to maintain it at the correct distance from the inside of the track). The distances corresponding to the numbers on each peg are recorded, and when the process is finished, the lap scoring sheet is checked again.

Let us take an athlete for whom we have the following information:

3 laps remaining: 59:20.6 - 2 laps remaining: 60:35.4

Distance: 221m

This means that in one hour he has covered 47 laps plus the distance that is 19.021km.

Important!

Because of the possibility of appeals being made, ALL the officials must remain at the track until the Referee confirms that the results have been finalised.