

What is a regularity run?

Here is a simple(ish) explanation: -

The idea is to drive a prescribed route at a specified average speed(s). The team that gets closest to the exact time wins.....

The route can be specified in a number of ways: road book, maps, diagrams. The team must follow the exact route specified, there will be checks along the route to ensure you do. The teams will be told to start the run at a specified average speed (usually between 20 and 25mph) and there may be one or two changes of average speed along the route, this information will be supplied at the start.

So the speed instructions will be something like:

Start at 25mph, after crossing the second bridge change average speed to 18mph, after the 15<sup>th</sup> junction to the finish change speed to 22.5 mph.

Sounds easy ..... there are 2 challenges:

Firstly, there are junctions, bends, tractors, cyclists, horses, aliens, etc. along the route, all of which may stop you driving at the speed you want to, so you have to keep re-calculating times on the go.

Secondly, there will be secret time checks along the route which will give you a time against which the accuracy of your average speed will be calculated.

Why should you try it?

1. The navigation is very simple – a good introduction for would be navigators
2. You can use a standard road car as they are run on the public highway.
3. No special equipment is needed. The cars original equipment trip meter and just a basic stopwatch or a trip meter app and stopwatch function on a smart phone would be fine.
4. Costs/entries are cheap (£25) though you may need extra insurance (£17) as some normal policies do not cover such events – check your policy