

HDSRL 2021

Wetherby Runners – Sicklinghall

July 21st 2021 (From 7.30pm)

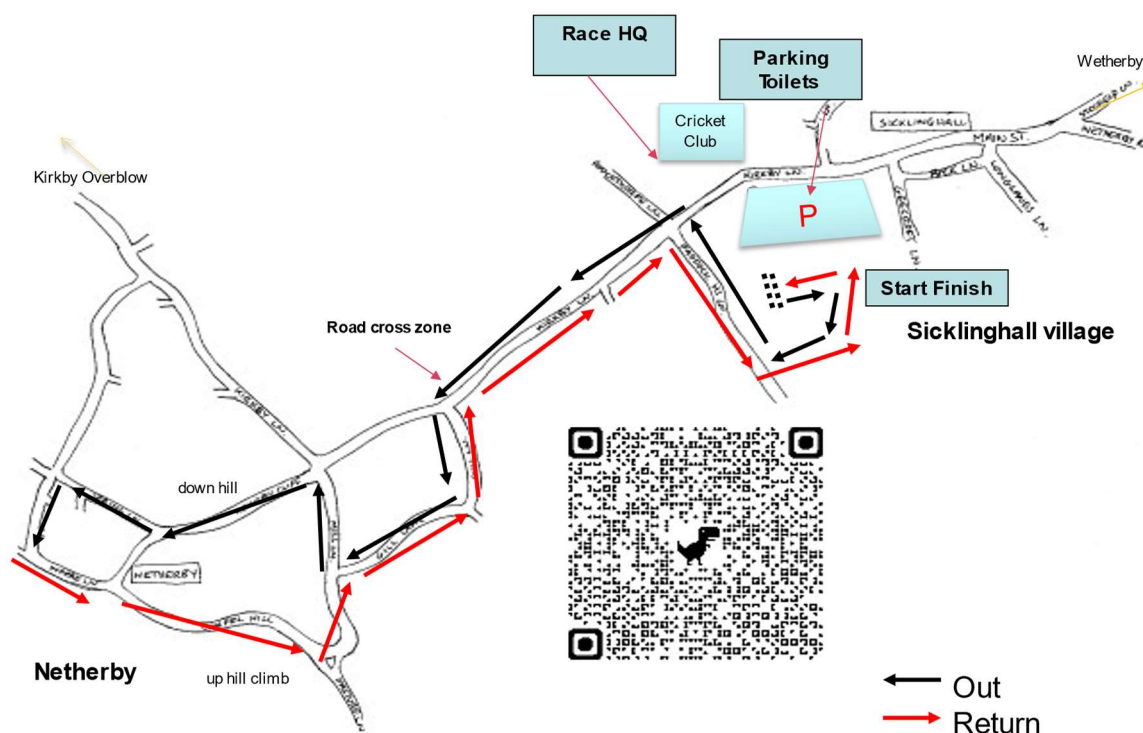
Thank you for supporting the Harrogate District Summer Road League. Following last year's postponement, Wetherby Runners AC are excited to welcome participants back to the roads of Sicklinghall for the first of two live races in the 2021 series.

Please carefully read the race instructions below and ensure that you are familiar with them before the evening of the race.

We are hopeful that remaining Covid restrictions will be lifted on the 19th July, meaning that all participants can set off together without the need for staggered starts. However, in the eventuality of restrictions remaining in place, please familiarise yourself with the guidelines below which outline how runners will be called forward to the start line.

On behalf of Wetherby Runners, I wish you the best of luck with your race this year and a warm welcome from all of us at the club.

Simon Chandler, **Race Director**



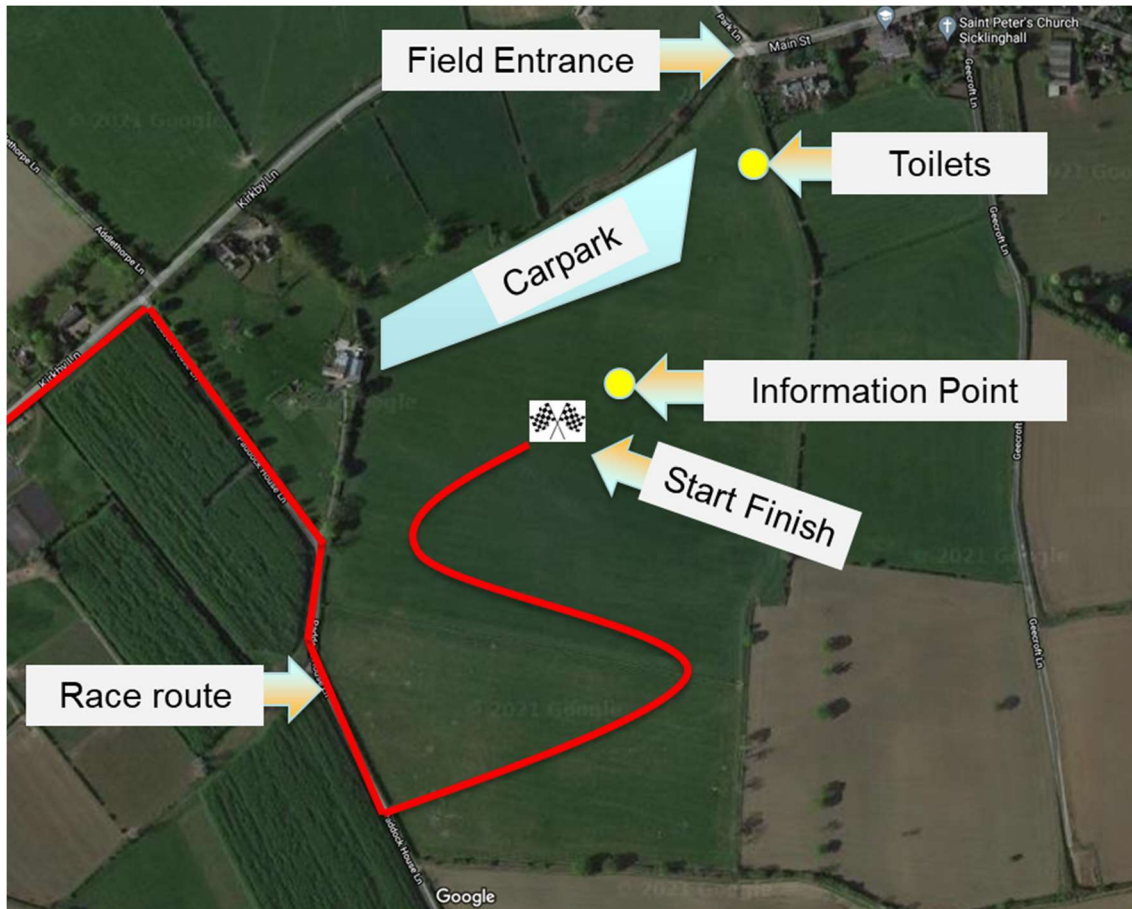
Location: Sicklinghall, North Yorkshire

Start/Finish: Field opposite Cricket Club

Parking: Parking and race start/finish will be available in the field **opposite** the cricket club (Kirkby Ln, Wetherby LS22 4BH) just out of the western edge of the village this will be signposted and marshalled.

Scan the QR code to take you to the Google map location
[53.92943953441066, -1.4572224259364954](https://www.google.com/maps/place/53.92943953441066,-1.4572224259364954)
 WhatThreeWords
<https://w3w.co/caressing.amazed.glosses>

Detailed Race Site Plan



Runner Instructions

Travel: If you are travelling to the event by car, consider whether 'car sharing' is an appropriate choice. If you do carshare with people from outside your household, you are advised to wear face coverings, keep the windows open and avoid sitting face to face.

Parking: The race will start promptly at 7.30pm. Please allow adequate time to arrive, park up and collect your race numbers from your club representative(s). Please obey instructions from the car park marshalls. Please only park in the field and do not park in the village or on the road.

Spectators: If Covid restrictions remain in place on 21st July, we cannot permit spectators at the side of the course and will be unable to welcome people this year who are not entering the race. Please note that by attending this event you are confirming that you (or anyone in your household) have not tested positive for COVID-19 in the last 10 days and that you (or anyone in your household) do not have any symptoms of COVID-19 (see here <https://www.nhs.uk/conditions/coronavirus-covid19/symptoms/>).

Baggage Store: There will be no organised or staffed baggage storage. Your belongings should be left in your vehicle, where possible

Toilets: One portable toilet will be available next to the car parking area. Maintain social distancing whilst queuing for the toilet. Hand sanitiser will be available for use before and after the cubicle is used.

Before The Race: Please gather (in a socially distanced manner, of course!) on the large grass area between the Information Point and the toilets (see Race HQ plan below). You may wish to consider wearing a face covering before you start running, although this is not compulsory.

Race Numbers: Numbers will be handed out to participants before the race by their club representative(s). Please contact your club for details and please leave sufficient time to locate your representative and affix numbers before the race commences.

Water Stations: There will be no water stations on the course. Water will be provided at the end of the race by the finish line.

Assembly Area: In the eventuality of Covid restrictions remaining beyond the 19th July, we will be unable to proceed with a mass start.

As a contingency plan if restrictions remain in place, you will be requested to go to pens marked with your predicted 10K time (<35 minutes, < 40 mins, <45 mins, < 50 mins, <55mins, > 60mins). Please maintain social distancing within pens. Groups of 10 runners will be called forwards from the pens and asked to walk towards the race start line. The first groups will be called forwards at around 7.25pm to allow the first runners to be set off promptly at 7.30pm, the official race start time. Once one pen is emptied, groups from the next fastest pen will be grouped and asked to move towards the start. This will continue through the pens, until every participant has begun the race. As the race is chip timed, late arrivals can be accommodated by joining pens that have not been fully emptied.

Race Start: Immediately behind the start line, a 'Formula One'-style grid will be marked out on the ground. There will be space for 10 runners on the grid. The first 10 runners will be called to take their places on the grid and will start at 7.30pm. The next 10 will immediately walk forward and take their places on the grid, ready to set off 15 seconds later. This process will continue until all runners have set off. It is estimated that all runners should have set off by 7.45pm at the latest. Once on the start grid, please set off as soon as you are asked to do so.

The Race:

The race is not taking place on **closed** roads, so please be aware that there may be traffic at all times, and keep to the left as there may be traffic on the route. Please maintain appropriate social distancing during the race, and be particularly careful on the off road sections.

1. Please follow the race start instructions from the race organisers and marshalls as the race format may change at short notice due to changes in UK government regulations.
2. This race distance is approximately 6 miles and is mostly on road but the start/finish will be across a grass covered field. Most of the surfaces are in a good state but please take care on uneven patches.
3. Field sections will be marked by tape and runners are asked to follow the markers, and to avoid making their own course up!
4. The road section will be fully marked and you will be running on the RIGHT on the way out, and LEFT on the way back.
5. Please pay attention to 'Keep Left/Right' signs and obey marshal instructions. This is for your own safety as there will not be any road closures to traffic.

6. Please pay attention to marshals' instructions at junctions and road crossings. In accordance with the Highway Code runners must yield to traffic on the road. If you are asked to Stop, please do so.
7. If you need assistance at any time, please find your nearest marshall and they will help you.
8. There will be 400m and 200m signs signalling the approach of the Finish.

After The Race: Once you have crossed the finish line, please do not loiter in the finish area: return to meeting area near the car park. Race results will be available on www.racebest.com as soon as possible after the race.

Race Timing: Under current UK rules, all races must be run in a 'time trial format', with chip times being used to determine finishing positions. This means that your official race time will be the time between crossing the start timing mat and the finish timing mat, so there is no incentive to crowd together or push forward at the start. A further consequence of this is that the first runner to cross the finish line is not necessarily the race winner!

Race Cancellation: Unless infection rates rise locally or nationally to a point where a lockdown is imposed, this event will go ahead as planned. If there is a last-minute cancellation, we will notify you by email and through social media. If we are forced to cancel under advice from Public Health, we will try to reschedule the event and all entrants will be transferred to the new date. No refunds will be permitted.

Above all – just think, be sensible, and we can all enjoy the race!

Any questions please contact us via contact@harrogate-league.org.uk