

COMPETITORS PRE-RACE INFORMATION

We are sorry that this info is so long, but there is no way round it this year given the limitations on race day. Please ensure you have read this before the race. It contains key race rules & COVID measures.

You will receive another email in the final week with your individual bib number + registration/corral times, and a link to the "start line" video briefing.

COVID measures

You must read our COVID information at www.madraces.co.uk/covid including the "Participants Code of Conduct" that can be downloaded from the same webpage.

Runners, spectators & marshals alike must keep Social Distancing at all times (2m) both at HQ, in the carparks & on the race course. You must also not gather in groups larger than 30 when outdoors including any socialising before & after the race. There are no indoor areas accessible to runners/spectators apart from the toilets.

Wear a face mask when registering, while queuing for toilets, & in the start corral area. Carry your facemask with you during the race (in case of medical attention being required, & to be worn once you have got your breath back in the finish funnel).

You & anyone giving you a lift must NOT attend the event if:

- you are showing any symptoms of covid-19 as outlined by the NHS,
- you have been in contact with anyone with Covid in the past 10 days,
- you have been advised by NHS track & trace that you may have been in contact with someone with COVID-19,
- you have had a recent positive covid test & are still within the recommended isolation period
- you have travelled within the past 10 days to any international location where you are required to quarantine/self-isolate on your return to UK.
- You are subject to any local restrictions which mean you should not attend
- You are also advised not to attend if you fall into a Covid High Risk group

Please bring your own hand sanitiser & carry it with you

- If you or any spectator experience COVID symptoms soon after the event, make this known via the government's Track & Trace. If you have a positive test within 48 hours of the event, contact MaD Races on carol@madraces.co.uk as we are required to send you a UKA Covid report form. The contact information given on entering the race may also be shared with NHS Test & Trace if required.

Car Parking (use postcode DL10 6AT)

- Parking is available within Kiplin Hall. It will be signposted from the B6271 and marshalled within the Hall grounds
- You **must not** park along the B6271 or its verges– it is a busy road

Timings

- Registration: 5.30-6.30pm in marquee next to start area
- Due to Covid you will be given a 10-15 minute time window within this registration period. You will be notified by email (via SiEntries) of the registration window, 'corral' time, & bib number a few days before the event.
- Cut off is at 8.30pm at the finish

Race Venue

- This is at Kiplin Hall, and the race route is all within its grounds
- Registration & start area are near the gravel courtyard at the start of the “Avenue of Trees”. The finish is on the Hall lawn adjacent the lake
- There will be signposting from the Car Park
- **Race Control**, where the Race Directors will be based, is next to the finish gazebo.



Registration:

- will be in the marquee near the gravel courtyard at the start of the “Avenue of Trees”. Please ensure you maintain social distancing of 2m, and wear your mask, despite you being outside
- You will collect your bib & safety pins at registration. We will let you know your number 2-3 days before race day. Check the bib number you are given at registration is the one you were expecting, & if not flag this up with the registration team before you leave. If you ordered an optional race t-shirt, you will also collect this at registration
- Once you have collected your number, **return to your vehicle** to fill in your emergency contact details on the back of the bib. There is also space for you to enter any medical information you feel we should know. The race number & this info remains your property & your responsibility to dispose of at the end of the race.
- Please then wait in your car until your corral time, or find a spot away from the race route & maintain social distancing, and not gathering in groups of greater than 30.
- Refreshments will be available to purchase before & during the race from the Maryland Centre Courtyard (opposite the toilets) within Kiplin Hall grounds
- Please remember to bring your own pen with you to fill in your emergency details. This is to avoid potential cross-infection through pen sharing.
- There is no secure area to leave bags.
- No smoking at race HQ, start & finish areas, or in car parks.

Toilets:

- Before the race, there are 5 competitor toilets in the stable block on the righthand side of the entrance drive as you walk from the carpark to the start area, and 2 portable toilets just outside the stable block.
- A marshalled queue and ‘1 in 1 out’ system will be in operation before the race as there is only one narrow corridor. Please use your hand sanitiser before entering the toilets.
- Toilets will be unisex: gents please don’t use the urinals!
- Please do not get changed in the toilets
- After the race has started, there will be 3 toilets available in the same area. 2 portable toilets & 1 accessibility toilet inside the stable block. There will be no toilet marshal once the race has started, but you can see whether the accessibility toilet is occupied from the outside & therefore avoid queuing/2-way traffic within the corridor.
- Spectators: wherever possible keep toilets clear for the use of runners, event staff and volunteers, especially before the start of the race.

Pre-race briefing video is mandatory for all runners. We will email these links out just before the race.

Race Start:

- this will be on the grass area off the “Avenue of Trees”. You should arrive in the corral area 5 minutes before your corral time to familiarise yourself with the layout. Runners have been seeded by estimated finish time, with fastest setting off first.
- Please watch the corral & start demo video. It is available at <https://youtu.be/AHK3qM0kqyA>
- When you arrive at the corral area, look for runners with bib numbers just higher/lower than your own. Hang around near them as you will all be starting around the same time.
- We will start 6 people at 20 second intervals. There will be a start grid, & 2-3 holding grids, each with 6 flags set out at 2m intervals. Each runner stands by a flag.
- Once the start grid runners have left, runners in holding grid 1 move up to the start grid, & holding grid 2 runners move to grid 1, etc.
- A marshal will call each set of 6 runners forwards just before their official start time. Runners will take up their position on holding grid 2 to fill the gaps left by the previous runners.
- You need to keep your mask on until the marshal calls your bib number forwards.
- If you miss your start, we will put you in the next unfilled start spot, but your time will be recorded from your initial allocated start time. Sorry if this seems harsh, but there is no other way to do this given the requirements for COVID-secure racing.
- **If you want to run in the same group as a friend**, please ensure you enter exactly the same estimated finish times. You can edit your estimated time via this link https://www.sientries.co.uk/edit_entry.php?event_id=7336 You are advised to put in a specific time rather than a “rounded” time. Eg Don’t put 1:05 as several people will probably put this. Instead put 1:08. If you go to this link https://www.sientries.co.uk/list.php?event_id=7336 you can click the arrow next to the heading “estimated run time” which will arrange runners in estimated time order & allow you to see which are the “uncommon” times. This will increase your chances of starting in the same or next wave. If you find yourself starting in a different wave, you will need to wait a short way down the course (maintaining social distancing by stepping to the side of the course) for your friend to catch up. The allocation to waves will be done automatically by the SiEntries system. We are unable to manually allocate runners due to the number of people requesting this. **You need to have done this before midnight Saturday 5th June**

A Reminder of the Rules

Kit List

- The only mandatory kit is a facemask & hand sanitiser
- Due to the nature of the race location, there is no other mandatory kit. Obviously, please dress for the weather
- However, as this race is cupless, you will need a cup/bottle if you want water from the waterstation
- We recommend trail shoes especially if it has been wet in the run-up to the race. However, if you don't possess trail shoes, a few bits might be slippery if muddy but you will be generally OK in road shoes.

Check points:

- There are no checkpoints, but a marshal will be noting runner bib numbers as you start your 2nd lap. Please state your number as you go past
- Your race number must be visible from the front at all times to assist marshals.

If you need to abandon the race

Either:

- Make your way to the nearest marshal, *or*
- Phone the race directors on the number on the back of your bib

AND inform them that you are abandoning. You will need to make your own way back to HQ

It is vital that you do not leave without informing a Marshal or Race Director. This means we don't send people out to look for you, wasting time, money, & effort, if you have gone home without telling anyone!

- **Phone numbers (on race day only)- please programme them into your phone**
 - Race Director - Carol 07963 629083
 - Race Director - Dave 07825 446733

- Medical Team – 07878 454355

General Course Conduct

- Observe social distancing at all times including when overtaking. Alert the runner in front when you plan to overtake by shouting “on your right/left”. If being overtaken, please move to the “other” side to let the faster runner pass. There are a couple of ‘pinch points’ on the course, especially in taped sections, where you should not overtake. They are short, so please wait until you can safely pass.
- Obey the Countryside Code. Don’t drop litter – carry all litter with you & dispose of it at home.
- Do not climb over gates or fences.
- Please close all gates unless the next runner is about to put their hands on the gate. There is active farming & livestock present in some areas.
- It is not possible to run with your dog (even on a lead) as the course passes through active farming areas where livestock is present. UKA rules also do not permit running with dogs - we must observe this as a requirement of our TRA permit
- You must keep to the course out of fairness to all competitors & for your own safety.
- To help us be able to run the event again next year, please act responsibly around the route & at Race HQ. Please respect other competitors, marshals, & members of the public.
- No Snot rockets / Hawking up please!
- **Please make sure you have downloaded & read the Participant Code of Conduct relating to Covid measures <https://www.madraces.co.uk/covid>**
- No headphones/Mp3 players, so you can hear other road users/pedestrians & marshal instructions. To avoid confusion or disagreement on race day “Aftershokz” style of headphones are also not allowed.
- You must abide by marshal & race officials instructions.
- Runners safety is of paramount importance & Race Marshalls have authority to pull runners from the event if considered unfit to continue
- The Race Directors decision is final.

Race route & course descriptions

- Links to the course description can be found on the race webpage <https://www.madraces.co.uk/kiplin-hall-trail-10k> (Scroll down the page & click on the brown download button)
- We aren't providing a GPS route for Kiplin 10k. Due to the lapped nature of the route, wooded areas, and a few areas with 2-way traffic, Garmin gets confused and thinks you are on the wrong course!

Course marking:

The course is well marked, with

- Arrows
- Red & white “barrier” tape
- small flags on pea-sticks stuck into the ground
- chalk “spray paint” arrows on the ground

Marshals are there to help at points of difficult navigation, but the responsibility for your own safety & to follow the course remains with you. Please be aware that there may be fewer marshals available than usual as a result of Covid.

Due to the compact nature of the course there is no sweeper runner for Kiplin 10k.

Covid-Secure Procedure to follow at water stations:

Please watch the video demo at: <https://youtu.be/NXlbfzZHPck>

- Marshal will use hand sanitiser regularly throughout the event, & will wear a face mask

- Runners must queue at the water station maintaining social distancing
- Only 1 runner to approach the table at a time
- Marshal to keep distance from table as runner approaches
- Runner to place cup on table in the designated section, then step back behind tape line on floor
- Once the runner is back behind tape line, marshal fills cup with water from the jug, WITHOUT picking cup up
- Marshal steps back, & runner comes forward to pick up cup.
- Once runner has left, Marshal sprays 'cup section' of table with disinfectant before next runner approaches
- We cannot fill hydration packs & soft-flasks. Your cup/bottle must be able to stand up by itself.

Course Specifics:

- Water is provided at 2 & 5 miles (ie once per lap) as you approach the Hall from the Avenue of Trees. You cannot access the water station from the other direction, even though you run past the back of it, due to the need for a COVID-secure process
- Be aware of some sections with 2-way traffic. These will be "taped" to direct you onto the correct side.
- No overtaking in these taped sections, especially by the Gate House. They are short so you will not be held up for long
- Please try not to fall in the lake!
- After running round the lake for the 1st time, you will be directed right over a long footbridge.
- After running round the lake for the 2nd time, as you finish your 2nd lap, you will be directed left to pass in front of the lake & over a different bridge to the finish

The Finish:

This is on the main lawn between the lake & Hall. It will be marked by finish flags & a funnel. Ensure your bib number is visible as you approach.

As you cross the finish line, your time will be taken. You must stay in your finish order until the end of the funnel where you bib & name will be recorded. Maintain social distance - stakes are at 2m intervals.

Once you have slowed down to stop, please put on your face mask.

Once your bib number has been recorded at the finish tent, you can collect your free tea/coffee/squash & cake from the tea-tent on the lawn. You will need to show your bib so the staff can cross you off the list. Additional refreshments for spectators & runners are available for purchase before & during the race from the Maryland Centre Courtyard (opposite the toilets).

Spectators

- Spectators are now allowed to attend. Spectators should maintain social distancing and not gather in groups larger than 30 people. Multiple groups of spectators are permitted.
- Spectators must use the "venue check in" on the NHS COVID-19 App using the Kiplin Hall QR code that is displayed by the gazebo outside the Maryland Centre entrance (opposite the toilets). We already have runners details from when they registered.
- Avoid the most congested areas of the course including the start and finish and plan how you will get to your viewing position.
- Avoid physical contact with other participants, volunteers or spectators outside your household, including high fives and hugs etc

Results & Prizes

Due to the complexities of wave starts and UKA COVID measures that do not allow prize giving ceremonies, results are unlikely to be available on race day. We aim to get results out as soon as possible over the following day or so. We will post out prizes after the race. We award 1st-3rd overall, & in age groups.

Extreme weather contingency:

In the unlikely event of extreme weather requiring diversion, delay or halting the race, please follow instructions of marshals.

Runner Safety & 1st aid cover

Trail running, by its nature, takes place in areas that may be less accessible. Please exert caution & be mindful that you are running in an area where emergency response may not be as quick as in more populated areas. Furthermore, this year:

- It will take longer for medical teams to reach casualties than previously if evacuation is required (time taken for full PPE donning procedures)
- There can be no mouth to mouth resuscitation (cardiac compressions & other procedures unchanged)

Medical cover is provided throughout the course by AED medical. They have asked us to remind runners who usually run with inhalers to ensure they carry their inhaler with them on the course.

PROCEDURE IN EMERGENCY EVENT

1. In the 1st instance phone the Medical team on phone no. provided on your bib number - 07878 454355. If you can, please store this number in your mobile phone before the race. If a clear emergency call 999.
2. After this, or if you have any difficulty getting through to Medical team, contact the Race Directors
3. If for any reason you have no phone signal, make your way if able to the nearest marshal & alert them to the emergency so they can call for you (remembering that nearest marshal may be back in the direction you have just run from). Alternatively, head directly back towards the Hall for race HQ
4. If you come across another runner in need of help, please stop to give aid **whilst maintaining social distancing**. If you find yourself assisting a runner, wear your face mask, ask the runner to use a face mask, & use hand sanitizer. If appropriate one runner should remain with the casualty whilst another runs to summon help

IF YOU/SPECTATORS DEVELOP SYMPTOMS OF COVID DURING THE EVENT:

you should immediately put on your face mask, stay 2m's away from people, return to your vehicle, then contact a Race Director to make them aware that you are returning home immediately. If unwell, call the medical team by phone. Once home you should organise a Covid test & inform MaD Races of the outcome (for reporting purposes)

FIRE PROCEDURES:

1. In the case of fire at the Hall, use exits as indicated by notices, staff & race officials
2. If outside, move away from the area, but not towards cars
3. The fire assembly area is by the Iron gates (near registration)
4. Call 999

PROCEDURE IN EVENT OF LOST / FOUND CHILD

Alert the nearest Marshal, who will follow our set procedures

Departure: please take care when turning out of the Hall entrance onto the B6271

Photography:

We'd like to say thank you to Andrew Thrippleton who will be taking photos this year & images will be available for free download after the race. We will send out the links when they are available.

We hope you enjoy the event, & that the changes due to COVID haven't impacted too much on your enjoyment of the day. If you enjoyed it, please let us & everyone know! Please use our Facebook page for feedback & share photos. If you have any comments or feedback, please email carol@madraces.co.uk.