

# COMPETITORS PRE-RACE INFORMATION

Please ensure you have read this before the race. It contains important information, and the race rules. We know it's a long email, but it contains pretty much all the info you might need. If you still have other questions, please check [www.madraces.co.uk/kiplin-hall-trail-10k](http://www.madraces.co.uk/kiplin-hall-trail-10k) or [www.madraces.co.uk/faqs](http://www.madraces.co.uk/faqs) before getting in touch. The week before the race is extremely busy and we may not get a chance to answer emails, so you will probably get a quicker answer from the website. The information here is the most up-to-date and will apply on race day.

You will receive another email in the final week with your individual bib number + registration times.

## COVID measures

Although there are currently no mandatory Covid measures required by Government regulations, we are asking everyone to continue with a small number of measures on race day for the comfort of all. To coin a phrase used by organisers of a recent event we took part in, 'whilst some are now happy to lick each other's faces, others may continue to feel vulnerable and we are all at different points on the journey back to normality'. For this reason we encourage all runners to respect personal space and social distance, particularly at HQ and whilst overtaking. We are also asking runners to wear a face mask indoors when using the toilets, and to keep the mask with you during the race. This is to protect volunteers and medical teams in the event of needing medical assistance. These measures are in accordance with UKA guidance for events.

In order to minimise crowding at HQ, we will be staggering registration by asking you to attend within a 15 minute window (further details below).

You must NOT attend the event if:

- you are showing any symptoms of covid-19 as outlined by the NHS,
- you have had a recent positive covid test & are still within the recommended isolation period

You are encouraged to bring your own hand sanitiser & carry it with you if you wish to do so

- 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
- To minimise crowding and queuing you will be given a 10-15 minute time window within this registration period. You will be notified by email (via SiEntries) of your registration window & bib number a few days before the event. Don't worry If you are unable to make the exact 15 minute window, but you must register within the 5.30-6.30pm registration period
- 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 respect each others personal space as some may prefer to social distance.
- You will collect your bib 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 immediately
- Once you have collected your number, move to the next table to collect safety pins and 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.
- Refreshments are available to purchase before & during the race from the tea tent on the terrace overlooking the finish lawn (or tea room within the Hall if the weather is poor). Please note that your post-race refreshments are collected from the tea tent **on** the finish lawn
- There is no area to leave bags. Please leave bags in your car or with spectators. Do not leave bags unattended.
- No smoking at race HQ, start & finish areas, or in car parks.

**Toilets:**

- There are 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 unisex toilets accessible from the terrace overlooking the finish lawn.
- Please do not get changed in the toilets
- 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** is mandatory for all runners. This will take place at the start field immediately before the race start.

**Race Start:**

- this will be on the grass area off the “Avenue of Trees”. The race will have a mass start immediately after the pre-race briefing. If you need the loo, go before the briefing

**A Reminder of the Rules****Kit List**

- The only mandatory kit is a facemask
- 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 dont 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 2<sup>nd</sup> 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 & 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 – 07946048227

## **General Course Conduct**

- Observe social distancing 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.
- 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!
- 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 Marshals 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 not always a sweeper runner for Kiplin 10k. However this year we do anticipate having a sweeper, who will remain behind the last runners.

### ***Covid-Secure Procedure to follow at water stations:***

The race is cupless: remember to bring your own free-standing cup or bottle

At water stations: place your cup / bottle on the table & step back while the marshal fills it. This is in order to minimise close face to face contact between our marshal and 300 runners. For the same reason we cannot refill hydration packs & soft-flasks: water containers should be free standing if you want to have them re-filled.

Marshals will use hand sanitiser and disinfect tables regularly throughout the event. Please be respectful of social distance while queuing

There is no food at the water stations, so please bring your own if you require any during the race.

### ***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.
- Be aware of some sections with 2-way traffic. These will be “taped” to direct you onto the correct side.
- 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.

Please ensure your bib number is visible as you come down the finish funnel.

Spectators must not accompany you down the finish funnel (as this messes up the results).

Ensure you go all the way to the end of the finish funnel. Although your time is taken as you cross the line, your result is not complete until you reach the end of the funnel where your bib & name will be recorded. You must stay in your finish order until the end of the funnel. If you don't continue to the end of the funnel, not only will you not have a result, but all results after you may be affected. This is a real headache to unravel, and means no prizes can be awarded on race day!

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.

### ***Spectators***

- Spectators are allowed to attend. Please respect the fact that some may feel less comfortable in crowds. There is plenty of space to spectate.

### ***Results & Prizes***

This will be on the Finish Lawn as soon as the main results are in (probably around 8.15-8.30). In line with many races, the overall race winners are removed from age group results, and we “roll down” the 1-3rd place AG trophies. **As well as for Overall winners, we will award trophies for 1st, 2nd and 3rd male and female in the following categories:**

- Overall **1st, 2nd and 3rd male and female**
- Senior (Age 18-39) **1st, 2nd and 3rd male and female**
- V40 **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female**
- V50 **1st, 2nd and 3rd male and female**
- V60 **1st, 2nd and 3rd male and female**

### **Extreme weather contingency:**

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

### **Runner Safety & 1<sup>st</sup> 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 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 - 07946 048227. 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.

### **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 leaving the car parks closer to the Hall if runners are still out on the course, and 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 again 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. 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](mailto:carol@madraces.co.uk).