

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/swainby-sweep or 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 around HQ, 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), and will be using a 1 way system at HQ

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

As a continuing Covid measure, please be aware that in the case of abandoning the race, unless you are incapacitated through injury, there is no transport back to race HQ: you must organise your own pick up, by friend, family, or taxi.

Car Parking (use postcode DL6 3ES)

- Parking is available at a nearby farm (DL6 3ES), just off the A172 on Black Horse Lane road as it heads north towards Potto. Park closely in order to maximise the number of cars parking here. Please car share if possible. Parking, Registration & HQ will be signposted on race day. Although there are good views in both directions, cars travelling on the A172 can be fast, so please take extreme care when crossing on foot to reach the village.
- Please respect the local population when parking. Don't park in the village itself, block driveways, gates into fields or other access. Don't park on the race route.
- Roadside parking is available along the track from Black Horse Lane towards the A172 on the west of Swainby village. Please ensure no field access or gates are blocked.
- Cars can also be parked on the A172 layby between Oxhill & where it re-joins the main A172 road. Take care walking back along the A172 to Swainby & use the grass verge well back from the road.



- The Blacksmith Arms has kindly agreed to allow runners to park in their car park providing that they have moved away by 12pm for the start of lunchtime trade (however if visiting the pub for refreshment and lunch then runners can continue to park there).
- For supporters moving around the course, car parking is also available free of charge at Cod Beck Reservoir car park and Square Corner car park. Don't park on the verges near Cod Beck Reservoir as the council issue parking tickets! Please avoid driving from Swainby to Osmotherley via Quarry Lane or Back Lane as this is part of the race route: please use the A172 instead.

Timings

- **16 mile race**
 - Registration: 8.30 - 9.15. You will be given a 15 minute time window within this registration period, in order to avoid crowding at HQ. You will be notified by email (via SiEntries) of the registration window, as well as your 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 8.30-9.15am registration period
 - Pre-race briefing at 9.20 (see below)
 - Start : 9.30am
 - Cut offs have been set at ~20 min/mile pace:
 - 1¼ hours at Checkpoint 1 (~3 miles)
 - 2¼ hours at Checkpoint 2 (~7 miles)
 - 3½ hours at Checkpoint 3 (~11miles)
 - Finish: 5¼ hours
- **7 mile race**
 - Registration: 9.35 - 10.20. You will be given a 15 minute time window within this registration period, in order to avoid crowding at HQ. You will be notified by email (via SiEntries) of the registration window, as well as your 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 9.35-10.20am registration period
 - Pre-race briefing at 10.25 (see below)
 - Start: 10.35am
 - Cut offs have been set at ~20 min/mile pace:
 - 1¼ hours at Checkpoint 1 (~3 miles)
 - Finish: 2¼ hours

Race Venue

- **Race HQ** is in Swainby Village Hall. There will be signposting from the Car Park
- The village hall committee has recently put in a lot of hard work redecorating, and there are some carpeted areas that would be damaged by muddy trail shoes. Please bring a change of shoes for after the race. Please leave spare kit in your car or with supporters as there is nowhere to store bags at race HQ. Shoe covers will also be available at the entrance to carpeted areas: please use them if you are unable to change your shoes.
- **Registration** will be upstairs at the village hall. Follow the signs. You will collect your bib and a goody bag 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. If you ordered a T-shirt you will also collect it here. We would like to thank our Sponsors Chia Charge, who have provided the ever popular Chia Minibars.
- Once you have collected your number, please ensure you put your emergency contact details on the back. There is also space for you to enter any medical information you feel we should know. The race number and this info remains your property and your responsibility to dispose of at the end of the race.
- Once you have registered, you are encouraged to leave the hall to minimise crowding, and wait either on the start field or back at your car.
- **Toilets** – there are men's and women's toilets inside the village hall (ground floor) and public toilets outside on Emerson close opposite the village hall.
- There is no area to leave bags.

- No smoking at race HQ, start and finish areas, or in car parks.
- The **Thirsk and Northallerton Lions** group will run a stall selling hot drinks and cakes, so if you wish to spend time relaxing at the end of your race, or grab a coffee beforehand, please support them by buying something. The Lions have also provided marshals for the race, and it would be great to support them in their fundraising for both local and national charitable causes.
- **Pre-race briefing** is mandatory for all runners. This will take place in the start field just off Garbutt Lane.
- **Race Start:** this will be on the grass field off Garbutt Lane. The race will have a mass start immediately after the pre-race briefing. If you need the loo, go before the briefing!
- Info about things for spectators to do is on the race website <https://www.madraces.co.uk/swainby-sweep>
- **Race Finish:** this is on the forecourt of Retro Classics in Emerson Close, around the corner from the Village Hall. This will be marked by a finish funnel and finish flags. If you ran last year, the course is slightly different as it approaches the finish, this year staying on the main High Street as far as the village hall, then left into Emerson Close (same as in 2019)

A Reminder of the Rules

- **Kit List**

You must have the mandatory kit AND carry it with you at all time – no kit, no race. If you don't complete the race with all kit, you will be disqualified.

Please dress appropriately for the weather & conditions & remember wind chill on the higher ground.

Mandatory Kit 16 mile race

- Hat/buff & gloves
- Waterproof jacket with taped seams
- Minimum 500mls water (obviously, you don't still need 500mls water with you at the finish)
- Energy bar/gel
- Whistle
- Route map +/- instructions & compass (see lower down for how to download these)
- Foil blanket (bivvy bag meets this requirement)
- Mobile phone
- Cup or water bottle for drink stations (must be able to stand up by itself without being held by anyone)
- Face mask

Mandatory Kit 7 mile race

- Route map +/- instructions (see lower down for how to download these)
- Mobile phone
- Cup or water bottle for drink stations (must be able to stand up by itself without being held by anyone)
- Face mask
- 7 mile runners are also advised to carry the clothing/food kit listed under the 16 mile route, depending on weather.

Check points:

- You must check in at each checkpoint. Ensure the marshal has recorded your race number before continuing. This is essential as missing numbers will be assumed to be missing runners, resulting in instigation of a full search.
- Your race number must be visible from the front at all times to assist checkpoint marshals.

If you need to abandon the race

Either:

- Make your way to the nearest marshal, *or*
- Phone the safety officer on the number on the back of your bib, *or*
- Make contact with the sweeper runner

AND inform them that you are abandoning, and how you will depart. You will need to make your own way back to HQ: either by contacting family or friends, or using a taxi. We are unable to offer lifts

Is it vital that you do not leave without informing a marshal or the safety officer. This means we don't send mountain rescue 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
 - Safety Officer – David 07771 915909
 - Medical Team – 07818 700570

General Course Conduct

- Please be respectful 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. Remember to social distance where possible.
- 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 many areas. Where possible farmers have agreed to move livestock, but there may still be some present. Show caution near cattle. If in doubt walk, don't run, stick to sides of field, & give a wide berth as you pass.
- 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 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 GPS files & course descriptions can be found on the race webpage <https://www.madraces.co.uk/swainby-sweep> (Scroll down the page & click on the brown download buttons in the relevant race)
- Maps: OS explorer map OL26. Alternatively, if you "left click" on the map, there is a download icon in the top left that allows you to download & print out. You need a hard copy in case the phone battery dies.
- A map +/- course description are mandatory for both routes. They don't take up much space, & may save you needing to be searched for!

Course marking:

The course is well marked with

- Arrows on yellow or gold backgrounds
- Other warning signs eg road ahead, checkpoints approaching etc
- Red & white "barrier" tape
- small flags on pea-sticks stuck into the ground
- There are some 'wrong way' signs with a "X" on yellow background.

Marshals are there to help at points of difficult navigation, but the responsibility for your own safety & to follow the course remains with you.

There is also a sweeper runner on each course who will follow behind the slowest runner.

Covid-Secure Procedures at water stations:

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

There is water and cola only: please bring your own food supplies if needed (or carry the Chia Charge mini bar from your race goody bag which you will get at registration)

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

Course Specifics:

16 mile (Long) course

Water & Food

- You must carry some as part of minimum kit requirements. No food is available this year due to Covid measures so you should be self-sufficient as far as possible.
- Water & Coke is provided at Feed station 1: Beacon Hill TV station (3.7 miles), & Feed station 2: Whitestone's ridge (9 miles) There may be queues, so if you are running for a competitive time you may wish to be self-reliant.

Toilets: there are no public toilets on the route

Roads are not closed: watch for traffic when crossing or joining roads, use common sense, follow highway code. Run single file / on left if in groups (unless otherwise directed / blind corner). Listen to the advice of marshals

As with all trail running, there will be uneven & slippery surfaces: in particular:

- In the Cog Hole area of Arncliffe woods (~2 miles from the start),
- On the flag stones ascending on the Cleveland way from Oak Dale to Square Corner

Navigation to watch out for:

- course split at mile 5: long course turns RIGHT along the road, whereas the short course turns left down to the cattle grid
- Left hand turn just beyond shooting house / CP3 at ~10.8 miles
- Left hand fork at Stony Ridge / Near Moor at 11.3 miles. There will be course markings & a marshal here to direct you

7 mile (short) course

Water & food:

- No food will be available this year, (Due to Covid measures)
- Water & cola are provided at a water station at 3.7 miles (Beacon Hill TV station). There may be queues at water stations, so if you are running for a competitive time you may wish to be self-reliant.



Toilets: there are no public toilets on the route

Roads are not closed: watch for traffic when crossing or joining roads, use common sense, follow highway code. Run single file / on left if in groups (unless otherwise directed / blind corner). Listen to the advice of marshals

As with all trail running, there will be uneven & slippery surfaces: in particular in the Cog Hole area of Arncliffe woods (~2 miles from the start).

Navigation to watch out for:

- course split at mile 5: the short course turns LEFT along the road towards the cattle grid, whereas the long course turns right.

The Finish:

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!

Results & Prizes

This will be in the Village Hall as soon as the main results are in for each race. 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 each distance for 1st, 2nd and 3rd male and female in the following categories:**

- Overall **1st, 2nd and 3rd male and female for each distance**
- Senior (Age 18-39) **1st, 2nd and 3rd male and female for each distance**
- V40 **1st, 2nd and 3rd male and female for each distance**
- V50 **1st, 2nd and 3rd male and female for each distance**
- V60 **1st, 2nd and 3rd male and female for each distance**

We would like to thank Chia Charge for the donation of spot prizes

Extreme weather contingency:

In the unlikely event of extreme weather requiring diversion, delay or halting the race, please follow instructions of marshals. Contingency plans may include a shortened route or return to HQ. If poor weather means we cannot use the 16 mile route, we are likely to use a double loop of the 7 mile course as the contingency.

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 may take longer for Mountain Rescue Teams to reach casualties than previously if evacuation is required (time taken for PPE donning procedures)
- In line with Resus UK, there is no mouth to mouth resuscitation (all other resuscitation measures are unaffected)

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 - 07818 700570. If you can, please store this number in your mobile phone before the race. (Mobile phone is mandatory for all runners) If a clear emergency call 999.
2. After this, or if you have any difficulty getting through to Medical team, contact the Safety Officer
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)
4. If you come across another runner in need of help, please stop to give aid. If you find yourself assisting a runner, wear your face mask, ask the runner to use a face mask, & use hand sanitizer if you have it. If appropriate one runner should remain with the casualty whilst another runs to the nearest marshal to summon help

Mobile phone coverage is present throughout the majority of the course. If you are attempting to summon help & find there is no signal, move a short distance ahead (or back in direction you have just run from) to find signal.

IF YOU DEVELOP SYMPTOMS OF COVID DURING THE EVENT:

- If still at HQ, you should put on your face mask, stay 2m's away from people, return to your vehicle, then contact the Safety Officer to make them aware that you are returning home. If unwell, call the medical team by phone.
- If out on the course, you should put on your face mask, stay 2m's away from people, & contact the Safety Officer to make them aware. Then make your way to the closest point where you can arrange pickup by private transport (family, friend), whilst maintaining social distancing. Remember to use your face mask in transport. If unwell, contact the medical team.

FIRE PROCEDURES:

1. In the case of fire at the village hall, use exits as indicated by notices & race officials
2. If outside, move away from the area, but not towards cars
3. Call 999

Departure: please take care when crossing or walking along the busy A172

Photography:

Andrew Thrippleton will be taking photos. Please be aware this is a hobby and not a paid service, so photos may take a few days to appear, but are well worth waiting for. They will be available free of charge to download from Facebook.

Hope you enjoy the event. If you enjoyed it, please let us and everyone know! Please use our Facebook page for feedback and share photos. If you have any comments or feedback, please email carol@madraces.co.uk.