**3 Village 10**

**Sunday 13th September 2020**

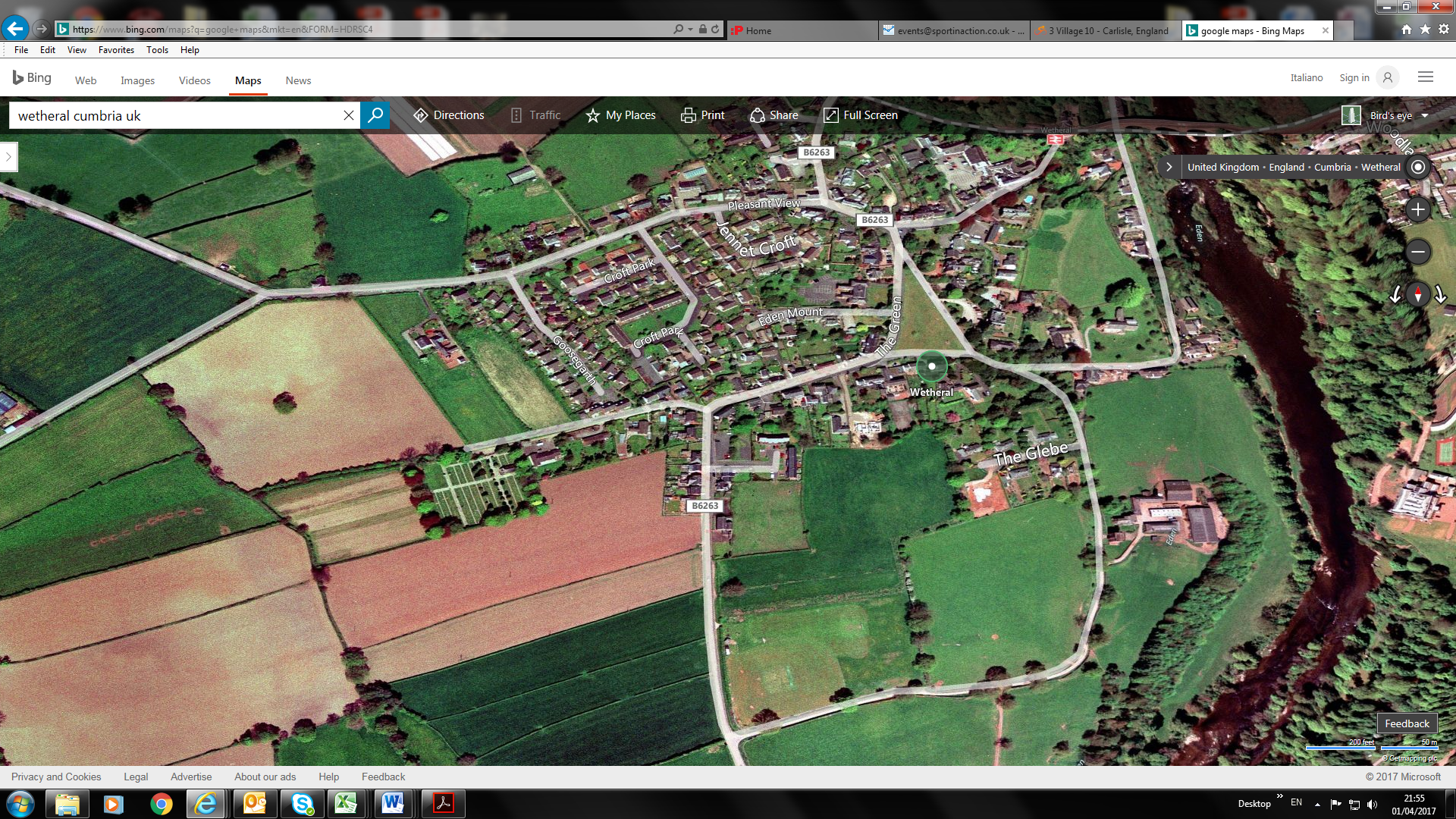
**Race Day Information Sheet**

**including the latest Safety Briefing Information**

**Parking**

Limited parking is available on site. Anyone parking on site could experience delays leaving. There is plenty available in the surrounding streets. W**e recommended car sharing if all sharing are part of a bubble. This will limit the disruption to the local community.**

Please do not park on the course if at all possible. There are plenty of parking spaces on local streets (**Red Lines**) close to the start line, the yellow line on the map is a cut through from Croft Park to the start line which is approx. 200mtrs from Wetheral Village Community Hall.



**Coming to the Venue**

Due to runners starting times being from 10:00 to 12:00 if at all possible, please take the left turn in Scotby Village for Wetheral. This will keep traffic on the opposite side of the road to the runners making for a safer experience for all.



**For Everyone’s Safety**

**Face coverings must be worn when entering the building to register (masks are not supplied).**

**Spectators are not allowed in the Village Hall or at the start and finish areas. The course is 2 x 5-mile loops, so plenty of space to socially distance while watching family & friends.**

**Please make sure social distancing guidelines are always strictly adhered to.**

**Registration** - Please only arrive at registration when you are ready to run. Registration will be open from 09:50 to 11:50. Register and go straight to the start ready to run. At registration you will be issued a pack with Race Number, Timing Chip, Safety Brief and Finishers Medal.

Please vacate the finish line straight away and as soon as you have recovered you will be required to leave the Village Hall area to comply with social distancing guidelines. Apologies that the strict guidelines do restrict the social aspect of the event that we would normally encourage and promote. Your safety is our priority.

**Race Safety Briefing** – **NO** race briefing will take place on the day. All instructions will be via email, website, and race day hand out.

**Start** – Anytime between 10:00 & 12:00 close to the Wheatsheaf Pub, Maximum groups of 6 and minimum gaps of 30secs.

**Finish** - The first lamppost on the left when you have turned off the main road for the Village Hall

**Location** – Wetheral Village Community Hall, Wetheral, Carlisle, CA4 8HE

**Facilities** – Toilets for both male/female are available.  **NO** baggage lay down area will be available.

**Race Numbers, Timing Chips, Finisher Medal & Race Day Safety Brief –** Will be issued at race registration. If any updates are required to the race information they will appear on the Sport in Action home page([www.sportinaction.co.uk](file:///C:\Users\Brian\Downloads\www.sportinaction.co.uk)). The event will be fully chip timed by Timing Up North & results will be available online seconds after you finish. <http://www.timingupnorthresults.co.uk/results.>

**Route -** The race is run on quiet country roads and will be a good challenge. Competitors are requested to listen carefully to marshals. They are there to make sure you are on the right course and assist you to get round the course safely. Please follow the race director’s instructions and be aware of the dangers of cars and cyclist.

**Water Stations –** There will be 1 water station on the course, just after 4 miles. This will be bottled water that you will take off the table, it will not be handed to you. Please carry the bottle with you for either the remainder of the race and dispose of it at the finish, or when passing the Village Hall where blue containers will be provided to throw the bottles into.

**Risk Assessment** – A full course risk assessment will be on display at the event HQ on race day together with maps of the route, the race permit & the measurement certificate in accordance with UKA rules License ID: 2020-38260

**Prize Presentation** – No Prizes will be issued on the day, all prizes will be posted after the event

**Prizes –** 1st, 2nd & 3rd Male & Female. Plus 10 Year Age Groups – These prizes will be awarded as follows Male or Female age groups with less than 15 competitors 1st Place only, Male or Female age groups with 15 to 24 competitors 1st & 2nd place and Male or Female age groups with 25 or more competitors 1st, 2nd & 3rd prizes will be awarded.

Any age grouper that finishes in an overall prize position (1st, 2nd or 3rd Male or Female) will receive the overall prize. That age group prize will then roll down to the next person in that age category. The overall third place prize will not be less than the age group winner.

We hope you enjoy the race, please feel free to give feedback good or bad this will allow us to improve events for the future please contact [info@sportinaction.co.uk](mailto:info@sportinaction.co.uk)

\*\*\*ADDITIONAL INFORMATION\*\*\*

NO-ONE except runners at the start line and finish area

Runners MUST keep left at all times.

No headphones except Bone Conductors, due to the run taking place on open roads

You must cross the start & finish line matting to active your chip timing

Chips must be attached through your laces and not on your wrist

Mile markers, signs and marshals are there for your guidance and safety

Anyone found littering will be disqualified

When overtaking runners, you MUST do this safely, allowing for social distancing

Please refrain from spitting to help prevent the spread of any potential infections

Please be considerate of other pedestrians, pet owners, drivers and horses