

Fox Rush 3km Time Trial, 7th May 2021

BEFORE & AFTER RUNNING, ATHLETES AND PARENTS PLEASE OBSERVE “RULE OF 6”

Thank you for entering this event, please read carefully and adhere to the information that follows:

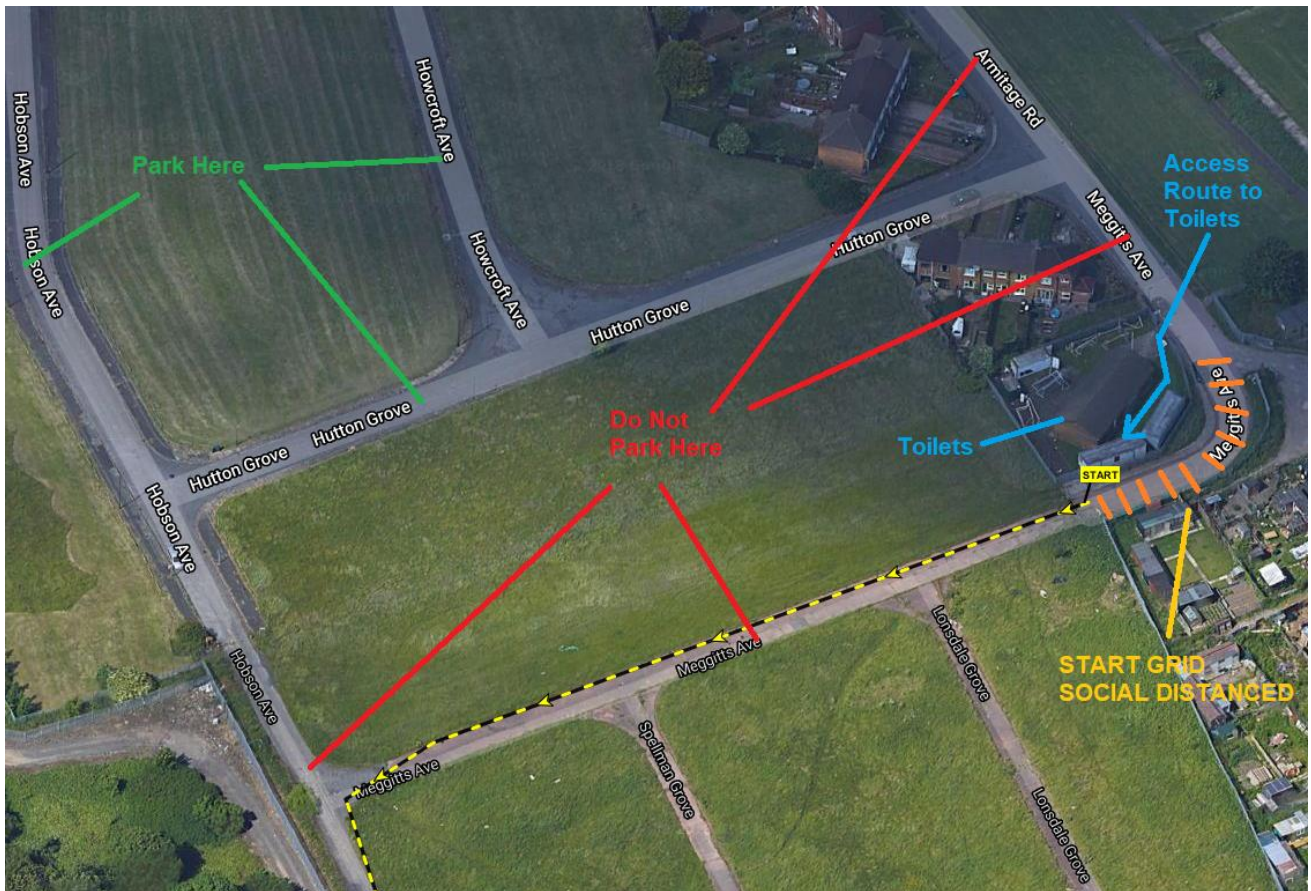
UKAthletics Participant Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by your event
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting* and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own hand sanitizer
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

*** UKA Rule 18.5 supplementary note: No Spitting – ie not just for COVID**

Parking, Registration and Toilets



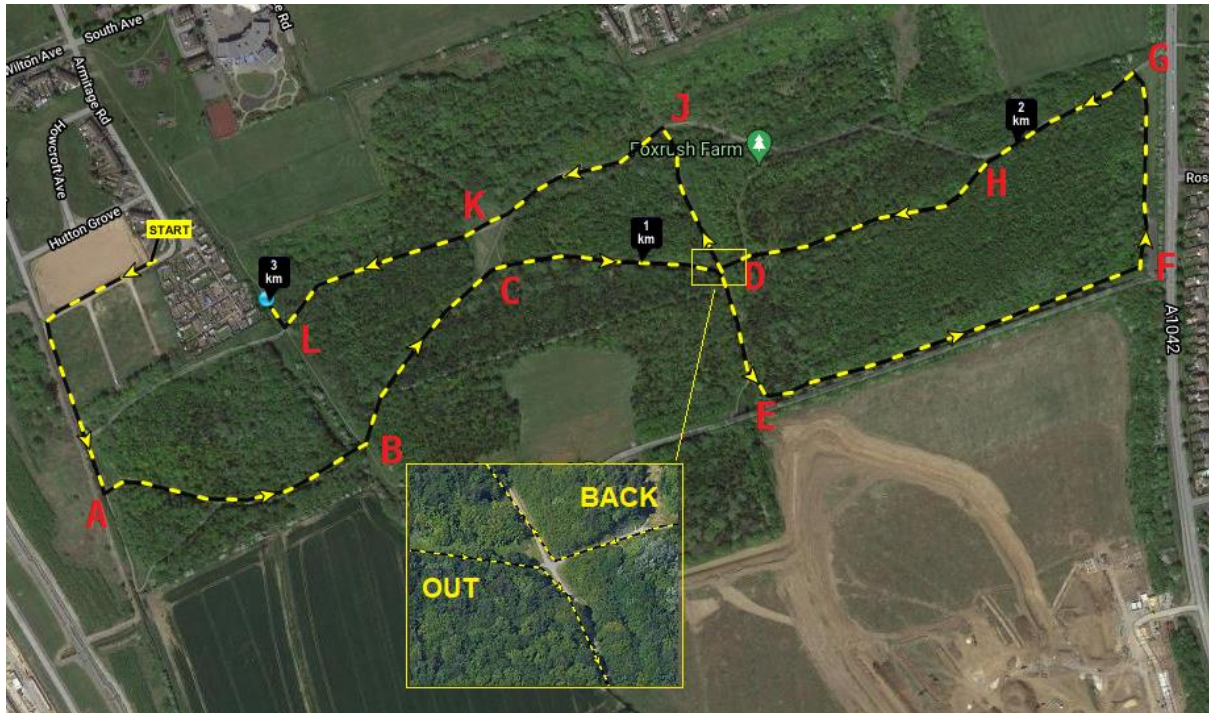
The postcode for SAT NAVS is TS10 5PZ

Please park only on the roads indicated, away from houses and other buildings

Registration will be from the back of my car which will be parked at outside the front gate to Dormanstown Junior FC at the rear of the start grid.

Toilets are available to the rear of Dormanstown JFC clubhouse, access via the gate at the front. Please wear a face covering when you use this facility, and follow social distancing and any specific guidelines displayed by the football club.

Overall Course



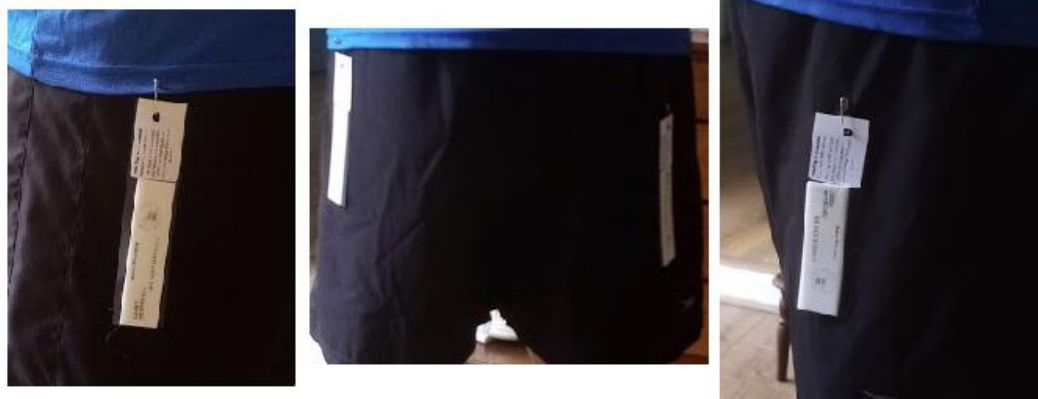
The Start

Runners will be set off in groups of 4, approximately 10 second between groups. Please find you place on the start grid which will be chalked on the road.

About 250m after the start to enter the wooded area there are some concrete blocks in place to prevent vehicular access. Runners need to take care, fortunately the staggered start will reduce the impact on runners compared to a normal start.



There will NOT be a chip on the back your bib number, but two chips which you are asked to pin either to your shorts or the bottom of your vest as shown below. Please make sure that they are able to hang and move freely.



THESE ARE RE-USABLE so please make sure you return them in the basket provided near the exit gate. **Please do not pin the tags back into pairs.**

The “start” will be at 7pm when Group A will set off, followed by Group B 10 seconds later and so on.

Please be in you grid position for 7pm

Group	Bib No	Forename	Surname	Gender	Club
A	2093	Smallcombe	Peter	Male	Jarrow & Hebburn AC
	2094	Kitching	Lee	Male	Hartlepool Burn Road
	2095	Hutchinson	Keith	Male	Hartlepool Burn Road
	2096	Farrel	Jack	Male	New Marske Harriers
B	2097	Talman	Barry	Male	Darlington H & AC
	2098	Harcombe-Moore	Gemma	Female	New Marske Harriers
	2099	Downs	Matthew	Male	New Marske Harriers
	2100	Rogers	Simon	Male	Darlington H & AC
C	2101	Lambert	Caroline	Female	Middlesbrough AC (Mandale)
	2102	Youngson	Neil	Male	New Marske Harriers
	2103	Parkin	David	Male	Leeds City Athletic Club
	2104	Peggs	Philip	Male	Loftus & Whitby AC
D	2105	Noble	Phillip	Male	New Marske Harriers
	2106	Young	William	Male	New Marske Harriers
	2107	Halloran	Jane	Female	Skyrac Athletic Club
	2108	Teece	Philip	Male	Darlington H & AC

E	2109	Flewker-Barker	Shaun	Male	Redcar Running Club
	2110	Wilkinson	Kevin	Male	Redcar Running Club
	2111	Noble	Paul	Male	Redcar Running Club
	2112	Hammond	Libby	Female	Darlington H & AC
F	2113	Elliott	Steven	Male	Darlington H & AC
	2114	Aspin	Kath	Female	New Marske Harriers
	2115	Speedie	Patricia	Female	New Marske Harriers
	2116	Rogers	Lucas	Male	Unattached
G	2117	Waller	Amanda	Female	North East Project
	2118	Godfrey	Helen	Female	Sedgefield
	2119	Gale	Carolyn	Female	North York Moors AC
	2120	Cassidy-Mccluskey	Phil	Male	Houghton Harriers & AC
H	2121	Troop	Isobelle	Female	New Marske Harriers
	2145	Ogrady	Michelle	Female	New Marske Harriers
	2122	Gibson	Shirley	Female	Darlington H & AC
	2123	Peggs	Malc	Male	Loftus & Whitby AC
I	2124	Meehan	Eddie	Male	North York Moors AC
	2125	Davis	Martin	Male	Redcar Running Club
	2126	Thompson	Brian	Male	Darlington H & AC
	2127	Moorhouse	Michael	Male	Redcar Running Club
J	2128	Zigmond	Jon	Male	Lonely Goat
	2129	Sherwood	Ronald	Male	New Marske Harriers
	2130	Chinnock	Caroline	Female	New Marske Harriers
	2131	White	Martin	Male	New Marske Harriers
K	2132	George	Derek	Male	Redcar Running Club
	2133	Groves	Melanie	Female	Unattached
	2134	Mills	Simon	Male	Middlesbro & Cleveland
	2135	Parker	Jenny	Female	Redcar Running Club
L	2136	Ball	Peter	Male	Redcar Running Club
	102	Hall	Diane	Female	New Marske Harriers
	252	Tyreman	Helen	Female	New Marske Harriers
	2139	Cowell	Liz	Female	Unattached

Results will be available via this link:

<http://www.arrowliveresults.com/FoxRush3kmtimetrial>



STATEMENT OF COURSE MEASUREMENT
[for OFF-ROAD events]

COURSE NUMBER: 20/162

COURSE NAME: Fox Rush 3K Time Trial

RECORDED DISTANCE: 3 Km **COUNTY: Cleveland**

MEASURED: 11 Sep 2020 **BY: G Hall**

FILE:

Measured for: Graham Hall

RACE NAME: Fox Rush 3K Time Trial

RACE DATE: 10 Oct 2020

PROMOTER: Graham Hall

This Statement confirms that the above course has been measured by an accredited course measurer using currently approved procedures, and that a copy of the measurement report is held by the Area Measurement Secretary. The distance recorded is measured only as accurately as the definition of the course and the course surface permits.

Note: This statement must not be used to claim that the distance is exact, and the 'Certified Accurate' logo must not be used.

There are no requirements for measurement for off-road courses, and there is no procedure for renewal of this statement. The measurement remains valid for as long as the course remains unchanged. A new statement will be issued if the course is remeasured.

SIGNED:

DATE ISSUED: 12 Sep 2020

Area Measurement Secretary