

RW 2021 Special Covid Arrangements

Due to the government announcement on Monday 14th June, that Covid restrictions must remain in place for at least four more weeks, this event will now adopt Covid 19 race protocols. The main effect of these is the need for rolling or wave starts and we will, therefore be operating open start lines. This has an impact on road closures and your arrival and departure arrangements if you are arriving by car. **You must read the Departure and Arrival section at the end of this document.**

Please read on for full details of our Covid safety measures. The most significant change is an **open start line**. You do not need to inform us of your preferred start time unless you wish to join the Elite Wave start time, but we do need you to reply to this email to acknowledge receipt and confirm you have read these race instructions and agree to follow the Participants Code of Conduct.

Elite Wave

New for 2021 – At 9.30am we will set off a wave reserved for elite runners. The qualifying finish time is sub-40 minutes for men and sub-45 for women in the 10k. For runners in the 5k, the qualifying times are sub-20 for men and sub-24 for women. Please email the race management company, Nicework (info@nice-work.org.uk), if you would like to be added to this wave, along with your estimated 10k finish time. The rest of the field will be able to start their run after 9.35am.

Important Information ahead of race day:

If you are showing any symptoms of Covid-19 as outlined by the NHS or have been unwell in the last 14 days please do not travel to the event and email us and we can let you know deferral options available. Current NHS advice on coronavirus/Covid-19 can be found here <https://www.nhs.uk/conditions/coronavirus-Covid-19/>

Race Day Covid Safety Measures

As already stated, the first change you will notice is the start time. Rather than a single start time for all runners, with the exception of pre-registered elite runners, we are operating an open start line. The start line will open at 9.35am and remain open until 10.30am. You will need to arrive ready to run and follow the signs to the start line where you can begin your run. Please do not arrive more than 15 minutes prior to your start.

Do not attend if you are showing symptoms of Covid-19

- A high temperature
- A new, persistent cough
- A loss or change to your sense of smell or taste

Safety Measures

- In line with UKA guidelines, there are no changing facilities and no facilities for left baggage. Please leave baggage in your cars.
- A sterile area will be in force around the start line with strictly no access to anybody other than participants and race officials. Once you enter this area you will not be able to leave until your race begins. NO SPECTATORS WILL BE ALLOWED WITHIN THIS STERILE AREA.
- Again, in line with UKA Guidelines, water, in sealed bottles, will be available at the finish and you will be required to collect it yourself from an unmanned water table – hand sanitiser and gloves will be available for you to use. There will be not be a water station on the course. We would advise you to carry your own water.
- In line with current UKA guidelines, race results will not be available on the day. Provisional results will be uploaded to our website after the race and full confirmed results will be emailed to participants on Monday 5th July.

- Toilet facilities are available on and adjacent to the village green, please adhere to their rules regarding social distancing. Remember to wash your hands and make use of hand sanitiser. This will be readily available.
- You must maintain social distancing at all times – before, during and after the race. When overtaking another runner please be mindful of the space available.
- Spectators are not encouraged to attend – but if they must do so, they should not congregate around the race start or finish areas. Please share the Spectators Code of Conduct with them.
- Once you finish your race please continue to walk through the finish funnel and return direct to your vehicle or to the separate food area or other local facilities where you must continue to adhere to the social distancing rules in places. Do not wait for friends or family in the start/finish area.
- Please read the Participants and Spectators Code of Conduct. Please observe the 'Rule of 6' and do not gather in large groups to discuss the race or take team photos.
- The Race Director will not be conducting the usual race briefing at the start of the race, instead this will be sent in your final confirmation email on Thursday next week.

SPECIAL TRAVEL ARRANGEMENTS – ARRIVAL AND DEPARTURE – ROAD CLOSURES

The open start means that you may be affected by road closures when travelling to the race car park area. If you don't read these instructions you may miss the race start as marshals will not allow you to travel along a closed road in order to reach the car park.

ARRIVAL

1. Arriving from the North. If you are arriving from North of Wisborough Green along the B2133 please take the right turn onto Skiff Lane and follow the route down to Kirdford Road and turn left. Kirdford Road is closed from Skiff Lane to the village centre from 0915 for through traffic, race participants will be allowed through (please show you race number for speedy access if you have one). See Map. You will follow the orange route once you get to Kirdford Road.
2. Arriving from Kirdford. As above, follow the orange route once you get to the Skiff Lane junction.
3. Arriving along the A272 from either East or West. Turn onto Durban's Road between the Green and the Three Crowns PUB and follow the blue route. This is A one way ROUTE for race participants only (no through traffic) (if you have one please show you race number for speedy access). The section along Kirdford Road will have a coned lane for runners. You will be stopped by marshals to allow runners to cross – they will be given priority.
4. Do not try and use any of the purple routes after 0915.

DEPARTURE

Cars leaving the car park during the race will be required to leave via the Orange route in the direction of Kirdford.

1. If you arrived from either Kirdford or the North this is the reverse of your arrival route.
2. If you arrived from the West via the A272 then follow the signs through Kirdford towards Petworth and this will bring you out onto the A272 west of Wisborough Green.
3. If you arrived from the East via the A272 then turn right at the end of the orange route onto Skiff Lane and at the end of Skiff Lane turn right onto the B2133 this will take you back down to the A272 east of Wisborough Green

GENERAL

1. Started Runners will be given priority at all times, please be aware of marshals' directions and use the coned off lanes. Marshals will ensure you are not delayed unless a driver does something stupid.
2. Drivers, please be patient and follow our marshals directions watch out for runners and walkers (getting to and from the start line). Please don't abuse our marshals.
3. Arriving cars will be given priority over departing cars for obvious reasons.
4. Walkers going to and from the start line. Please give runners priority and walk in single file. Walk on the verges where possible and outside of the runner's lane. Follow marshals' instructions.
5. The more spread out people's arrival and departure times the better this will work. It will need everyone's patience and awareness on the day!

MAP

