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| Date: | Sunday 4 July 2021 |
| Number Collection Opens: | 08:00 |
| Runners' briefing: | 09:40 |
| Start: | 10:00 |

General

Harrogate Harriers are delighted that the 2021 edition of the Run Harrogate 10K is going ahead. However, as you would expect under the current circumstances, we are having to do things a little differently the year, so please read the following information carefully, even if you have run the race before.

The race route (see below) is a mixture of roads and footpaths/bridleways. There will be marshals stationed along the route: please follow their instructions, which are for your safety.

Although temporary traffic management measures are in place to minimise the risk, ALL ROADS WILL REMAIN OPEN THROUGHOUT THE RACE. It is your responsibility to observe normal road safety practices, in particular keeping to the pavement where there is one and keeping well to the left where not. On the section of Rudding Lane from the narrow bridge at the bottom of Collins Hill to the turning onto Crimple Lane, you must keep to the left of the cones. Please exercise extreme caution when overtaking on the road sections.

Please note that we do not have priority on the course. If you encounter pedestrians, please be courteous and give them plenty of room when passing. We are also responsible for ensuring no litter is left behind after the race so, where possible, please carry any used gel wrappers, water bottles, etc with you until you can dispose of them in a suitable bin.

COVID-19 Safety

Please follow all the current guidance on social distancing and general COVID safety (<https://www.gov.uk/coronavirus>). You should not attend if you have had a positive COVID test or any of the recognised symptoms of COVID, or have been in contact with anyone who has, or have been contacted by the NHS app or Track and Trace and told to self-isolate. We would encourage everyone to take a lateral flow test on the morning of the event, to protect your fellow runners.

If you are travelling from an area where the prevalence of the virus is increasing, please consider carefully whether you should attend. If you are unable to take part because of COVID, our COVID Guarantee means that you will be entitled either to defer your entry until next year or get a refund.

The Start/Finish area will be spread over a larger area than usual, and we are asking non-runners to stay in the area marked 4 on the attached [site plan](#) as far as possible. Hand sanitiser will be available at key points (eg at the Number Collection desks) and wipes for sanitising handles, etc will be provided at the toilet block. However, we would recommend that you also bring your own sanitiser. The wearing of face coverings is not required, although you are of course welcome to do so. In particular, runners may wish to wear a mask whilst in their Assembly Area (see below) and discard it shortly after the Start (we will have volunteers stationed to pick them up). Members of the Event Team and volunteers will wear PPE (masks and/or disposable gloves) appropriate for their role.

A copy of the COVID Risk Assessment for the event will be available at the Race Control desk.

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Parking

Parking for all competitors and their supporters will be on the Great Yorkshire Showground (Brown Car Park). **PARKING WILL NOT BE ACCESSIBLE VIA HOOKSTONE WOOD ROAD AND THERE WILL BE NO PARKING FOR COMPETITORS AT THE START/FINISH AREA (IN FRONT OF HARROGATE SQUASH & FITNESS CENTRE).**

Please use postcode HG2 8NZ, which will take you to Fodder on Railway Road (turn off Wetherby Road at Sainsbury's). Parking for the event will be on the left, approximately 250 m beyond Fodder, and will be clearly signposted and marshalled on the day. If you have the What3Words app, the entrance to the car park is at [///index.natively.bills](https://www.what3words.com/#!/index.natively.bills).

Once parked, Number Collection and the Start/Finish Area will be accessible on foot, approximately 800 m further up Railway Road (again, clearly signposted).

Number Collection

You will need to collect your number at the Start/Finish Area (area 3 on the [site plan](#) below) before the start. THIS IS A CHANGE TO THE PREVIOUSLY PUBLICISED INTENTION TO DISTRIBUTE NUMBERS BY POST.

Number Collection will open at 08:00. Please go to the position indicated by your surname. We will be providing additional desks this year, to try minimise queueing. However, if you do have to queue, please be patient and maintain social distancing and move away from the Number Collection Area once you have your number.

Starting Procedure

Runners will be divided into two waves, Red and Yellow: your wave will correspond to the colour of your number. There will be a briefing for all runners at 09:40, after which you should move to the Assembly Area for your wave (Red Wave: Assembly Area 1; Yellow Wave: Assembly Area 2; see Site Map Below). Please be in your Assembly area by 09:55. Please maintain social distancing within the Assembly Area. We would encourage you to wear a mask. There will be volunteers stationed just after the Start to pick up and dispose of discarded face coverings.

Marshals will be on hand to assist and direct runners throughout the Assembly/Start process.

Runners are asked to self-seed within their Assembly Area, based on their expected finish time, with those expecting to finish soonest lining up nearest the end of the Start/Finish funnel (see [Site Plan](#)). The race is chip timed, with start and finish times recorded for each runner, and race results will be based on elapsed times.

The runners from each wave will be walked from the assembly area to the start line, whilst maintaining social distancing. There will be a grid-like arrangement of starting positions marked on the ground with duct tape immediately behind the start line, each 2 m apart. Runners will be called to a Final Assembly Grid in groups of 13; immediately prior to being started and each asked to stand on one of these marks. Immediately prior to being set off, the group on the Final Assembly Grid will be asked to move into the same position on the Start Grid and the next group of 13 will be called forward to the Final Assembly Grid. The runners on the Start Grid will then set off on the starter's command and the next 13 runners called to the marks. They will be set off 15 seconds after the previous group. This process will continue until all runners from the first (Red) and second (Yellow) Waves have started. Assuming the maximum number of runners are present (1000), this process should take approximately 20 minutes.

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Water Station

A drinks station, providing bottled water, will be provided approximately half way round the course, in front of the Follifoot Business Park on Pannal Road (opposite the riding stables; see [Race Route](#)). Volunteers at the station will be wearing PPE, however runners are asked to pick up their own bottle from the table.

After use, please either dispose of bottles in the bins provided or carry them with you until you can dispose of them responsibly.

Water will also be available at the Finish Line. However, particularly if the weather is hot, competitors are advised to considering carrying additional water with them.

Facilities at Start/Finish Area

There will be no changing facilities.

Toilet facilities will be provided adjacent to the Start Finish Area, on the Great Yorkshire Showground. The toilets in the Harrogate Squash & Fitness Centre will NOT be available for our use. Sanitising wipes will be provided and individuals will be asked to wipe down all handles before and after use.

In line with current UKA guidance, there will be no presentation of prizes this year (results will be posted online as soon as possible after the race, at <https://racebest.com/races/2x2ef>). Runners and their supporters are encouraged to leave quickly once they have completed the race. However, refreshments will be available to purchase in the spectators area (area 4 on the [Site Map](#)) from 08:00.

And finally ...

Thank you for supporting our race. We hope you have a great time, and look forward to seeing you again in 2022, when hopefully we will be able to return to 'normal'!

The Events Team

Harrogate Harriers & AC

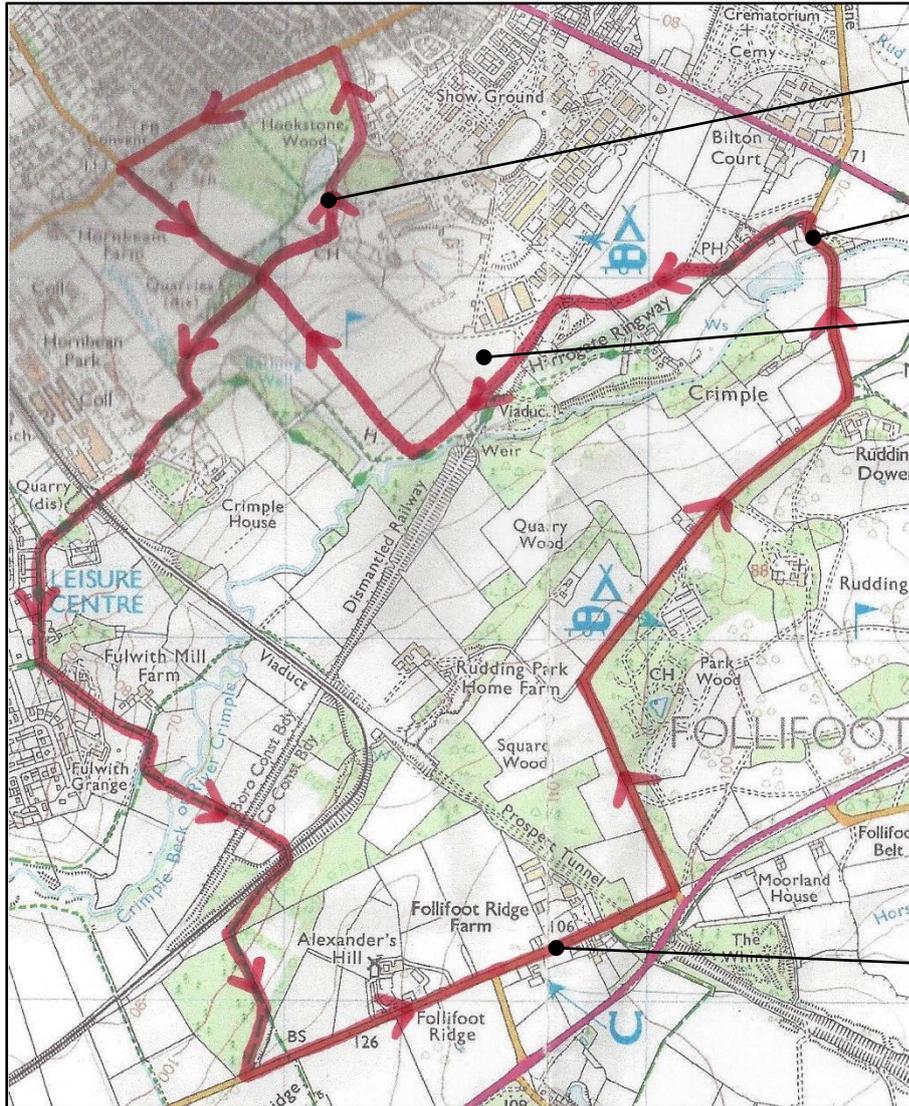
Email: Events@Harrogate-Harriers.co.uk

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Race Route



Start/Finish

Coned section

Car park

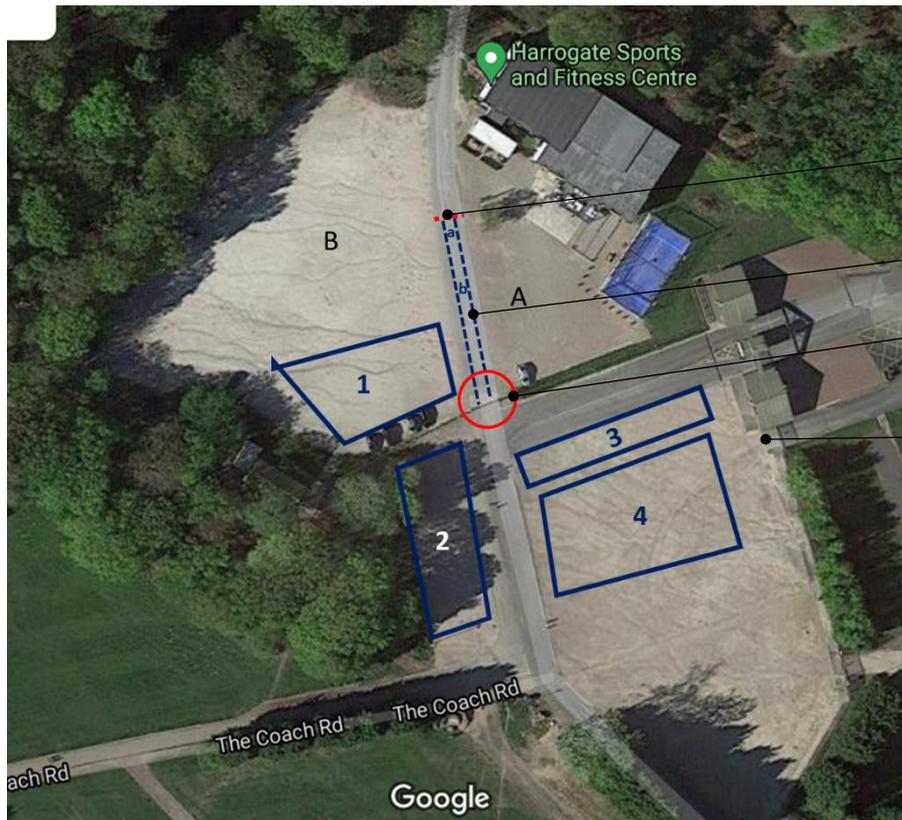
Water station

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Site Plan



Start/Finish Line

Start/Finish Funnel

Access Point

Access to Showground (for toilets)

- A Harrogate Squash & Fitness Parking
- B First Aid Tent; Post-Finish Collection Area
- a Starting Grid (3-2-3-2-3 pattern)
- b Assembly Grid (next group, ready to go)
- 1 Red Wave Holding Area
- 2 Yellow Wave Holding Area
- 3 Number Collection Point
- 4 Spectator's Area (refreshments & access to toilets)

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