

On the link **on** the website you will find a spreadsheet which tells you your race number, your earliest arrival time, & your actual race start time.

There are two sheets, one in alphabetical order of names, and one in start order.

I have tried to accommodate travel arrangements, approximate pace, friends & club members so you get the best experience possible!

Obviously we do need your help to make it work, and it will act as a benchmark for other races.

So most importantly, thank you for entering. It's going to be a first for us all!

With less than 2 weeks to go, if you are not well at any stage prior to the race, **please do not come**. Contact us directly, and we will ensure that your entry is not wasted & if applicable, your hoody qualification remains intact

CAR PARKING AND ARRIVAL

All race parking is at Ilmington Sports Club, Mickleton Road, CV36 4JQ. There **MUST BE NO PARKING IN THE VILLAGE** under any circumstances.

Some of you are travelling together, which is great and will allow more flexibility in the car park (we hope!) If you are travelling with other runners in the **SAME CAR** then you will obviously be arriving at the time for the earliest runner. We can't easily police the arrival times, so we have to trust you, but **please** do not arrive early otherwise.

If you are cycling you can arrive anytime and leave anytime as long as you socially distance while you are on site.

Please check the start times again before the race as it may get updated.

RACE NUMBERS, REGISTRATION & START

The race numbers will be going in the post on the 16th October. Your race number will have the timing chip attached to it and it is the same number for **ALL** the series races so don't lose it, forget it or wash it, and please ensure you fill in the reverse. You will see you are running in roughly number order (until you all start that losing and washing!).

But don't worry, if you forget it we will have spares.

You will not have access to the clubhouse, you must leave your baggage in your cars and carry your keys.

There will be access to the two outside toilets which will be cleaned regularly throughout the day. Hand sanitiser will be available for use outside both toilets. We hope that with so few runners at any one time that there won't be significant queues. You must socially distance while waiting and you are strongly advised to wear masks while in close proximity with other people.

It is essential that you do not warm up in groups of more than 6, and while doing so, you must socially distance, 2 metres apart. If you are happy to warm up on the field, and not

run through the village, we would be grateful. Once your number is attached to you, please do NOT go out or in through the gate entrance where the start timing is, otherwise your race time might be a long one!

The start timing antenna are at chest height, and will be placed at the gate entrance to the car park. You will be called by number on the PA as your race time nears, and each group will congregate by the tennis courts before being released out to the start.

There will be a clock showing race time. **DO NOT BE LATE FOR YOUR START.**

The start will be a single file gap and it is important that your timing chip registers, so pass close to the antenna and listen for a beep as you cross.

You don't have to run with the others in your group, there is a 5 minute window in which you can set off.

ON COURSE & FINISH

You will be starting roughly in order of fastest first which will reduce the overtaking. For various reasons, a few runners are running out of that order. If you overtake another runner you must give them a 2 metre wide berth. Slower runners should stick close to the verge and faster runners pass on the outside when safe to do so.

Importantly, if you pass members of the public out on course or in the village please do not pass close to them, and you must not spit when in the vicinity of anyone (and preferably not at all)

The route will be well signed and there will be marshals on course.

There is NO water station on course. If you need water in the race, you must carry your own with you.

In the interests of both Covid 19 protection and the overuse of plastics we ask that you bring your own post race water / drink bottles. While you run your race you may leave them on a table which we will provide at the finish, but please ensure that your bottle is easily recognisable to you and you do not pick up other people's bottles. There will be a water bowser from which you can re-fill, providing you sanitise your hands before doing so.

When you have regained your breath and your heart rate returns to normal, you can pick up your sausages (or vegetarian / vegan option). Sadly we cannot encourage you to stay too long for obvious reasons, and other runners will need to arrive, so please leave within 30 minutes of finishing if you can.

We will put provisional results up on our website while the race unfolds, and finalise these within a couple of days. Prizes will be sent out in the post.

Keep an eye on the website for any updates. We will email everyone if anything changes but sometimes emails do go astray.

And finally, as a summary of your responsibilities in this very serious pandemic, please read the UKA code of conduct [here](#)

We hope that everyone has a good day & enjoys their run, please do get in contact if you have any questions, & give us feedback after the race.

Sarah & The Tempo Team

