



EGDON EASY 2021

This is your RACE PACK. It should contain:

- Your race number with timing chip attached to the rear
- Four safety pins for you to attach the race number to your vest
- A commemorative face covering to wear to the race
- A disposable waterproof poncho to wear if it rains whilst you are waiting to start
- A disposable thermometer to check your temperature before the race

To ensure that the race could go ahead we instituted some special arrangements to be absolutely sure we could satisfy all the various authorities that we can be compliant with the changing COVID requirements. Some of these may seem overly restrictive at this point but please bear with us. The race is going ahead!

PARKING

If you come to the event in a car, please park in Lodmoor Car Park DT4 7SX. It is free to park after 18:00. This is the earliest time that you will be allowed into the start/finish area, which is located to the rear of the car park.

START/FINISH AREA

The start/finish area is restricted to **COMPETITORS ONLY**. To enter you will be required wear a face covering, to show your race number and to assure the marshals that you comply with the displayed COVID precautions. (see notice left)



**COMPETITORS
ONLY** in this area

Do not enter unless:

- You are wearing a race number
- You are wearing a face covering
- You have sanitised your hands
- Your temperature today is under 38°C
- You have not in the past 14 days:
 - had signs or symptoms of COVID-19
 - been in contact with anyone who is sick (symptomatic)
 - travelled to any international location
 - come to the race with anyone who fails any of these criteria

The disposable THERMOMETER in your race pack can be used to check your temperature. Insert it under your tongue (not immediately after consuming a hot drink or ice cream!) and leave it there for around a minute. Remove it and wait 10 seconds before checking. If your temperature is below the limit, there should be no blue dots in the second patch.

Please sanitise your hands using the automatic dispensers before you enter.

To ensure social distancing the race start will be staggered with the faster runners starting first. The start area will be separated into 5 distinct groups. (<45, <51, <57, <64, 64+ minutes expected finishing time based on previous events.)

Choose your position within the appropriate group and maintain the appropriate separation. Make sure you are in place by 18:50 so you can be briefed. Please be realistic; we are using chip timing, so you won't miss out!

LOOS

Portable toilets are located within the start/finish area. Please ensure your hands are sanitised before you touch them and again as you leave.

WARM UP

The start/finish has access to the sports field, which you can use as a warm-up area before the race. Please stay off the pitches and run around the perimeter in a clockwise direction.

RACING

You may remove your face covering and enjoy the race. This is a clockwise course so please KEEP RIGHT except when overtaking. A consequence of the staggered start is that those starting towards the back will not be clear before the faster runners complete their short starting loop. This means that about 200 metres from the start, runners will have to merge, and the faster ones to cross and overtake. The track at this point is wide and the two sets of runners will run side by side for a short distance which should give ample time to navigate safely. Look out for the large direction signs and follow the marshal's directions. Please be careful and behave responsibly.

This will be a *cup-less* race, which means that you need to bring your own water bottle or drinking container. Many people will comfortably complete the race without needing water, but you must please consider conditions on the day. There will be some water available in jugs at the water station that you pass twice, and a water marshal will top up your container on request. There will also be water in the start/finish area.

RUBBISH

Please do not jettison anything including water containers and ponchos around the course except at the designated collection points at the start and adjacent to the water station.

OTHER PEOPLE ON THE COURSE

Please also be aware of others using the public footpaths and cycleways who are not taking part in the race and behave safely and courteously. The marshals will warn other users, but they have no authority to control or restrict them.

FINISH

We shall do our best to cheer you over the line but only competitors and marshals will be in the finish area. Once over the finish, social distancing will again be necessary. The area beyond the finish is extensive so you will have ample room to spread out whilst you get your breath back. There will be a water station where you can get your water container filled.

RESULTS AND PRIZES

Sadly, there will be no showering facilities and NO LIVE PRESENTATIONS. You will be encouraged leave the finish area and return to your car. Results will be online promptly, and prizes will be sent by post.

No T SHIRT

Sorry if your entry is deferred from last year or some from much longer ago and you were expecting a T shirt. We have always tried to make this a very affordable race but this time it is costing us money to put it on. The additional costs of chip-timing, external medical cover, postage, portable toilets, crowd barriers, sanitising, signage, marshal's PPE and so on mean that we have had to make this year's memento a commemorative face-covering so you will hopefully understand.

NEXT TIME

This is not the way we like to organise our races, but we hope that you agree better this than postponing again. Part of the experience is the close social interaction and cheering the prize winners and, hopefully, we shall be able to get back to normal. Please check the website for further information.