

Hi & thanks for entering the Holmfirth Harriers West Nab race on Saturday 29<sup>th</sup> May.

As promised, here are a few joining instructions to help you plan your day and keep yourself and others safe in these difficult times.

1. **As previously highlighted, you must NOT come to the race if:**
  - a. **You have symptoms of Covid-19.**
  - b. **You are living in a household with someone who has a possible or confirmed Covid-19 infection.**
  - c. **You have been asked to isolate by NHS Track & Trace.**
  - d. **You have been in contact in the last 10 days with anyone who has Covid-19 symptoms.**
  
2. **Race HQ & car parking** is now at Meltham C.E. Primary School (HD9 4DA) who are allowing us to use their grounds. Please follow the marshals' instructions on arrival. There will be a £1 fee to park, which is being collected on behalf of the school. Please do not park on Calmlands Road or Wetlands Road (which are the narrow residential streets directly opposite the school) or on the old Royds Mill Road, as this is private land and is not available this year. The car park will open at 10.30am, in anticipation of registration opening at 11.00am.
  
3. **Registration times** will be staggered to avoid too many people arriving & congregating at the same time. If you do arrive early, please can you stay in your car until the allotted time.

Registration times are as follows:

- U9's: 11.00am - 11.30am
- U11's: 11.30am – 12.00 noon
- U13's: 12.00 noon – 12.30pm
- U15's: 12.30pm – 1.10pm
- U17's: 1.10pm – 2.00pm
- U19/U23/Seniors: 2.00pm – 3.00pm

You will be given your race number and a timing band, which is to be worn on your wrist. Pins will be available, but please bring your own wherever possible.

**In order to protect the marshals and other competitors, please ensure that you wear a mask (or suitable buff/other face-covering) whilst waiting to register (unless you have a reasonable excuse for not wearing one) and that you maintain a safe distance between yourself and those around you.**

**If you do have a reasonable excuse for not wearing a mask, please can you let us know by replying to this email, so that we can make any adjustments to the starting procedures.**

Given the expected high numbers attending, we would ask that you do not warm up on or recce the course before your race, so that the routes can be left clear for those competing in each race.

4. All **start times** are approximate, but no race will start before the times given. We will need to count all the runners in each race before the start and ensure that all are accounted for at the end. If you or your junior athlete withdraws from the race, either before the start or during the race, then please make sure you notify a race official at the finish. As you might

expect, these timings are likely to be affected by the use of staggered starts and the need to clear the Start/Finish field after the end of each race.

**Start times** are estimated as follows:

- U9's: 12.00 noon
- U11's: 12.20pm
- U13's: 12.50pm
- U15's: 1.30pm
- U17's: 2.20pm
- U19/U23/Seniors: 3.15pm

All races will start & finish in the same field, apart from the U9's, who have a different start point a short walk away. Please can you ensure that all the U9's are assembled in the field by 11.50am at the latest, so that we can walk them down to their start.

There will be checkpoints for the U17's at the U17 turn and for the Seniors/U19's at the summit of West Nab, where race numbers will be recorded. Please help the marshals by ensuring that your number is clearly visible, as you will be asked to show it.

The U15/U17/U19 & Senior races all have a couple of small stream crossings to contend with. Please take care and cross where indicated. After all the rain we've had, you **will** get your feet wet!

The Senior/U19's race crosses the Wessenden Head Road on the way to the summit of West Nab and returns the same way. We do not have the power to stop any traffic, so please follow the marshal's instructions and cross the road where indicated when it is safe to do so.

As well as marshals out on the route to direct you, each race will be followed by a sweeper (apart from the U9's who will have a hare to follow).

Although we are getting towards the end of the lambing season, there will still be **livestock** in a couple of the fields that we are crossing. They are likely to move away from the race route, but please be respectful of them at all times. We would ask that wherever possible, spectators **do not take dogs** onto the race routes and in particular into those fields where the livestock is grazing.

As usual, only use **gates and stiles** to cross boundaries & walls. Under no circumstances should anyone climb any walls, either out on the course or in the Start/Finish field. Failure to respect this instruction could affect our ability to hold the race in future years.

And for those that haven't seen the routes, here is the link to the race maps:

<https://www.holmfirthharriers.com/wp-content/uploads/2021/05/West-Nab-2021-Route-Maps.pdf>

5. We will be using **staggered starts**, as we need to maintain social distancing measures at the start. Prior to each race, the athletes will enter a holding area to the side of the start line. They will then be asked to enter the start area in waves, which will be in race number order and in groups of 30-40, depending on the numbers of confirmed entries. At this point, your timing band will be scanned for the first time. **Once you have been scanned, you will not be**

**able to leave the start area, as you will have been counted and registered as starting the race. Please ensure that you continue to wear your mask (or buff) whilst in the start area and that you maintain a safe distance from other competitors.** Once your wave has been released, you will be able to remove your mask, but please make sure you continue to carry it with you throughout the race.

We expect to be calling each race into the holding area 15 minutes prior to the advertised start time, but only once the previous race has set off. Please make sure you listen to the marshal's instructions, as the situation may change depending on conditions during the day. No race will start until all the competitors from the previous race have been accounted for.

6. Given the current changeable weather conditions, please bring your **full kit** to the race. The RO will decide what kit must be taken and this will be clearly displayed at Registration. If there is a requirement that kit must be carried, then you will not be allowed to run without it. There will be checks at the start and also at the finish. In addition, as previously mentioned, the current Covid regulations require that a face covering **MUST** be carried throughout the race in case of an incident where it might be needed. We would also ask that all athletes carry appropriate hand gel.
7. Your finishing time will be recorded when you cross the finishing line. You will then enter the finish funnel where your timing band will be scanned again to register that you have completed the race, and you will be asked by the marshal to take it off and drop it in the bucket provided. **Whilst in the finish funnel, please ensure you maintain a safe distance from other competitors and put your mask back on. Once you have removed your timing band, please make your way safely out of the field.**

Unfortunately, we will not be holding a presentation or prize-giving on the day. Results will be available via the Events360 website and you will receive an email letting you know when they are finalised. Prize winners will be contacted separately.

8. **Spectating** in groups of no more than 30 is permitted, with parents/guardians evenly spaced and maintaining a 2m distance between groups. Spectators must at all times ensure that the safety of participants is not put at risk and should minimise any shouting or raising of voices. The start/finish field is for competitors and officials only and we would request that no tents or flags are erected. As mentioned earlier, once you or your junior athlete finishes the race, please make your way quickly out of the field and avoid congregating with others. We would ask that you return to the car park promptly and free up space for competitors in later races.
9. There will be **toilets** available in the start/finish field. These will be provided with hand sanitiser, which must be applied before and after using the toilet. Please ensure that whilst queuing, you continue to wear your mask/face-covering and maintain a safe distance from others around you.
10. Please make sure you read the **current FRA Covid guidelines** on the Fellrunner website (<https://fellrunner.org.uk/covid.php>), which have been updated following the latest government guidance. Although Kirklees has been identified as one of the hotspots for the latest variant, the current guidance from Kirklees Outbreak Control Board is that travel to & from the area is still permitted, but that everyone needs to be extra cautious and adhere to

the guidelines as they stand. Therefore, you should use your own judgement whether you wish to attend the race or not. **In line with the latest guidance, we would request that you limit the number of family members attending and ideally just have 1 parent/guardian per athlete. This helps to ensure that the athletes & racing are the priority throughout the day. If you develop Covid-19 symptoms and/or have a positive test within 72 hours of the race, you should inform the Race Organiser and complete the UKA Covid-19 Report Form.**

11. We look forward to seeing you back in Yorkshire and hope you enjoy your day's racing in these strange times we find ourselves in. If you have any questions at all, please drop me a line at [fellhobbs@gmail.com](mailto:fellhobbs@gmail.com) and we'll do our best to help.

Cheers,

Phil Hobbs