

Gladstone9 Race (Time Trial) 5th Sept 2020 – Final Details

V8 Updated 01/09/20

RACE HQ WILL BE AT PENMAENMAWR PHOENX FOOTBALL CLUB LL34 6PR. There is ample parking at the venue. Please follow CP attendant's directions.

Arrival time & registration

Your start time is on <http://www.fabian4.co.uk/start/list.aspx?EventID=2652>

Please arrive at HQ wearing your race kit, **exactly 30 minutes before your chosen start time**, in order to register/pick up your race bag, which will contain your bib number, your timing wristband, a (non-waterproof) map & some basic refreshments.

Remember that you must stay at least 2m away from Race Officials & other competitors when you register.

Kit

PLEASE CARRY A FACECOVERING IN YOUR BUMBAG (preferably a mask, but a buff will suffice), WHICH YOU MUST WEAR IT IN THE EVENT OF YOUR REQUIRING ANY ASSISTANCE FROM A MARSHAL ON THE COURSE.

Please bring WFRA recommended kit see <https://sites.google.com/site/welshfra/home/information-for-runners>.

“Take sufficient kit, e.g. head, full body and leg cover, safety/ navigation equipment, food and drink to be able to navigate and provide protection from hypothermia, or dehydration and heat in the worst foreseeable weather conditions during the race, noting that rescue could take a long time.”

Because of the unusual circumstances, & because we're not using radios (more items to disinfect...!), we strongly suggest that you carry a mobile phone.

Kit checks will take place at the start – No KIT No Run

SAFETY PINS WILL NOT BE PROVIDED.

Facilities

There are inside toilets & outside toilets at the venue. Both sets will have a nearby hand-sanitizer pump/roll of paper towels clearly positioned, to be used to clean toilet door handles & hands by all before/after entering the toilet. Paper towels to be disposed of in the bin liners provided.

Fabian4-RaceTek Timing

We are using the Fabian4-RaceTek timing system. The timing units will be mounted on stakes and it is your responsibility to tag the unit at the start, the 5 checkpoints and at the finish. It works a bit like contactless payment. Tap your wristband onto the “Tag Here” label on the timing unit, hold it there (still) and WAIT for the unit to flash and bleep.

Start

There is a half mile walk along a footpath from HQ up to Old Mill Road, & along to the start/finish, for which we have allowed 10 mins (it takes 7minutes at a very slow jog pace). A marshal will direct you up the narrow path from Old Mill Road towards the start, at approx. one minute intervals, & after you have gone through the kissing gate, please sanitize your hands using the pump provided, & then dib against the start marshals' RaceTek unit, which is when your race time begins.

IF YOU ADHERE TO OUR TIMINGS, THERE SHOULD BE NO NEED FOR ANY DEGREE OF CONGREGATION AT THE ROAD/PATH JUNCTION.

BE AWARE THAT PEDESTRIANS USE THIS NARROW PUBLIC FOOTPATH, & IT'S QUITE LIKELY THAT SOME OF YOU WILL ENCOUNTER PEDESTRIANS AS YOU WALK FROM THE ROAD/TRACK JUNCTION TO THE START & ALSO ON THE VERY FIRST SECTION OF THE RACE ROUTE.

IT IS IMPERATIVE THAT YOU GIVE THE PUBLIC RIGHT OF WAY & MAINTAIN AS MUCH SEPARATION FROM THEM AS YOU POSSIBLY CAN

So just to confirm, this is a Time Trial format with approx. 1 minute separation between starters.

Route

There are 5 compulsory CPs, which must be visited in order. The marshal at each CP will have attached the RaceTek unit to a stake, which will be positioned in the ground, & will supervise your 'dibbing' from a suitable distance. There will also be one or two other marshals dotted around the course if we have sufficient manpower.

There are 4 gates on the course – 2 will be open, & 2 will have kissing gates next to them. We recommend that you use your foot or your elbow to open/close these kissing gates in order to minimise hand contact.

Finish

At the finish of the course, the finish marshal will tap his/her unit as you cross the line – THAT TAP STOPS YOUR RACE TIME. Proceed slowly down the funnel to the finish unit, against which you need to dib, in order to link the finish time to you. Then you will need to remove your RaceTek wristband & drop it into the large plastic box on the ground. There will be no water or refreshments at the finish, in order that we can adhere to our social distancing commitment, so please then go thru the kissing gate, sanitize your hands using the pump provided, then proceed down the path back down to Old Mill Road & HQ.

*** My 'responsibility' for you as a competitor finishes at this point! ***

Public Bar

The club has a (COVID-19 risk-assessed) public bar which will be serving hot & cold drinks all day – inside & outside - and we'd love it to have some custom, but please maintain a 2m separation at all times.

Results

Results will not be displayed at HQ, so as not to encourage any degree of congregation, but your result will be available online here https://www.racetek-live.co.uk/website/public_results/ as soon as you have dibbed the finish unit. There will be no presentation. A voucher will be posted to the first overall Male and Female after the event. All the profit will be donated to local charities, & a small sum will be given to the football club committee, which has very kindly agreed to loan us their excellent facilities free of charge.

ABOVE ALL ELSE, PLEASE REMEMBER THAT WE WILL BE 'ON SHOW' TO THE LOCAL RESIDENTS BOTH AT HQ & ON ROUTE TO/FROM THE START, & SO WE HAVE AN OBLIGATION TO BE RESPECTFUL TO OTHERS WHO MAY HAVE MIXED FEELINGS ABOUT HOLDING EVENTS SUCH AS OUR RACE. WE ARE ALSO LIKELY TO BE OF INTEREST TO THE REST OF THE FELL-RUNNING COMMUNITY VIA THE VARIOUS SOCIAL MEDIA PLATFORMS, SO PLEASE, PLEASE, PLEASE ADHERE TO OUR RULES AT ALL TIMES & USE YOUR COMMON SENSE, SO AS NOT TO RISK PERMISSION BEING GRANTED/PERMITS BEING GIVEN TO RACES WHICH ARE IN THE PLANNING STAGE....

Thanks to Pen Phoenix, Fabian4 Online Entry, Penmaenmawr Town Council, Spar Penmaenmawr, Caffi Siabod, The Peacock Lounge, Capelulo & Fletcher & Poole Estate Agents for their much-appreciated

support. Contact Ellie Salisbury ellierocknrun@gmail.com / 07789061648 if you have any queries. See you on Saturday!