



Having A Mare Event Information

Bath Racecourse, Bath, BA1 9BU – 12th Sept 2020, from 09:00am

On the Day Registrations - please see Schedule document for start times

10km £25

5km £20

5km Canicross £20

Please note we can only accept cash or cheques on the day, no cards

Safe Race

Best summarised as; be socially distanced, apply hand wash/hand sanitiser and wear a face covering (not during your run), respect other users on the route. In more detail;

- Please do not attend the event if you have displayed any [covid symptoms](#) in the 14 days in the run up to the event.
- Please wear a face covering when moving around the venue; before and after your run. We have indoor spaces; a toilet block, numbers and medals are collected in a very large marquee with open sides, but it is essentially an indoor space.
- Respect the space of the public, other runners and the event team. Other users of the route have priority, only pass when a safe distance can be achieved.
- You may announce yourself that you would like to overtake another runner. If you are overtaken please drop back by 10m before attempting to repass (this should happen naturally anyway)
- Aim to arrive 30mins before your individual start time. Please make your way from the race site 30mins after you finish your race.
- We are practising a 2m+ social distance policy, we have the luxury of space so we are going to make good use of it. One way systems will be in play with socially distanced markers on the floor where you might need to queue.

- If you see some hand sanitiser, please apply it.
- Gatherings of 6 may only take place away from the main race areas; please don't meet up by the start line, or the finish area. We have plenty of space outside the main area for a pre or post race catch up.
- If you lip read please contact us ahead of time so we can help with any additional arrangements that might be required.
- Spectators are not permitted at this time. Hopefully we can add spectators to our event plans shortly.
- We are not performing temperature checks pre race. If you do not feel well in any way, do not attend the event. Covid tests are not available on site.
- The course is accessible to the public. As always, our definition of a successful event is one that our runners enjoy and one that the wider community enjoys. More so than ever, it is vital you respect the space of other users, there are far more significant matters at play here than chasing a new PB. Please give way to other users if you can not pass safely.
- The Relish staff will be wearing PPE; masks, gloves/hand sanitiser, visors or screens will be used when we need to work more closely with you and each other.

Important Notices

- Sections of the race route are open to the general public, many of whom use the routes as their regular walking routes. Please make the event a success by being polite and courteous to the other users of these paths so that the race has a positive impact on everyone involved.
- Please do not run with in ear, or over ear headphones as this is not permitted under UK Athletics rules. Only bone conducting headphones are permitted. **If you do use in ear, or over ear headphones you will be disqualified.** Thank you for your understanding.
- There are no on course drinks stations for the 5km or 10km, you need to carry your own water for these events. After the race there will be jerry cans with water for you to refill your own bottles, along with bottled water and our usual wide range of snacks for you to help yourselves to.

How to get to the event

By Car - The postcode for the event is BA1 9BU. The approach to Bath Racecourse crosses a golf course. There are marshalls here who will ask you to wait and send a group of cars across between shots being played. Please allow a couple of extra mins within your journey for this.

By Bike – We will provide racking for bikes by the parking area – please bring your own lock as this is not a secure bike compound. All bikes are left at the owner's own risk, the event accepts no responsibility for any loss or damage to bikes or any other property left on the race site.

Spectators

Unfortunately we are not able to have spectators on site at this time. Hopefully this will change soon but it is important we build back gradually.

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day.

All race numbers will be laid out individually on desks for you to collect, just pull the number out from beneath the paper weight, grab some safety pins and you are good to go.

Bag Storage

As the vast majority of people will be arriving to the race by car, we would ask you to leave your bags/spare clothes etc in your car and run with your car keys.

There will be a small supervised bag drop area in the number collection tent for runners to drop and collect their own bag.

Toilets

There is a toilet block within the racecourse facility. Please follow the guidance about the number of people within this space at any one time. The toilets are going to be regularly cleaned during the day.

Changing Tents

There are no changing tents at this race. Please come changed ready for the run.

Race Start Times

Each person has an individual start time with one runner setting off at 30 second intervals. The only exception is that two people in the same household bubble may start together, only if you are planning on running the whole event together and *if you can run the whole event in single file*. If runners run side by side then social distancing on the course will not be possible.

Hopefully pairs who are looking to run together have selected the same predicted start time...You should therefore be next to each other on the start list. When called up to the start line, both runners will start at the LATER of the two start times. The actual start times will be adjusted to be accurate.

For example

| Name | Race Number | Start Time | Predicted Time |
|--------|-------------|------------|----------------|
| Tom | 611 | 9:10:30 | 0:55:00 |
| Helen | 612 | 9:11:00 | 0:55:00 |
| Chris | 613 | 9:11:30 | 0:55:00 |
| Stuart | 614 | 9:12:00 | 0:55:00 |
| Matt | 615 | 9:12:30 | 0:55:00 |

Tom and Chris want to run together. They picked a popular predicted finish time so they are mixed in with other runners. Tom will hold back and start at the same time as Chris, at 9:11:30. Helen will start at 9:11:00. Tom's updated start time will be noted by our team so the result will be accurate.

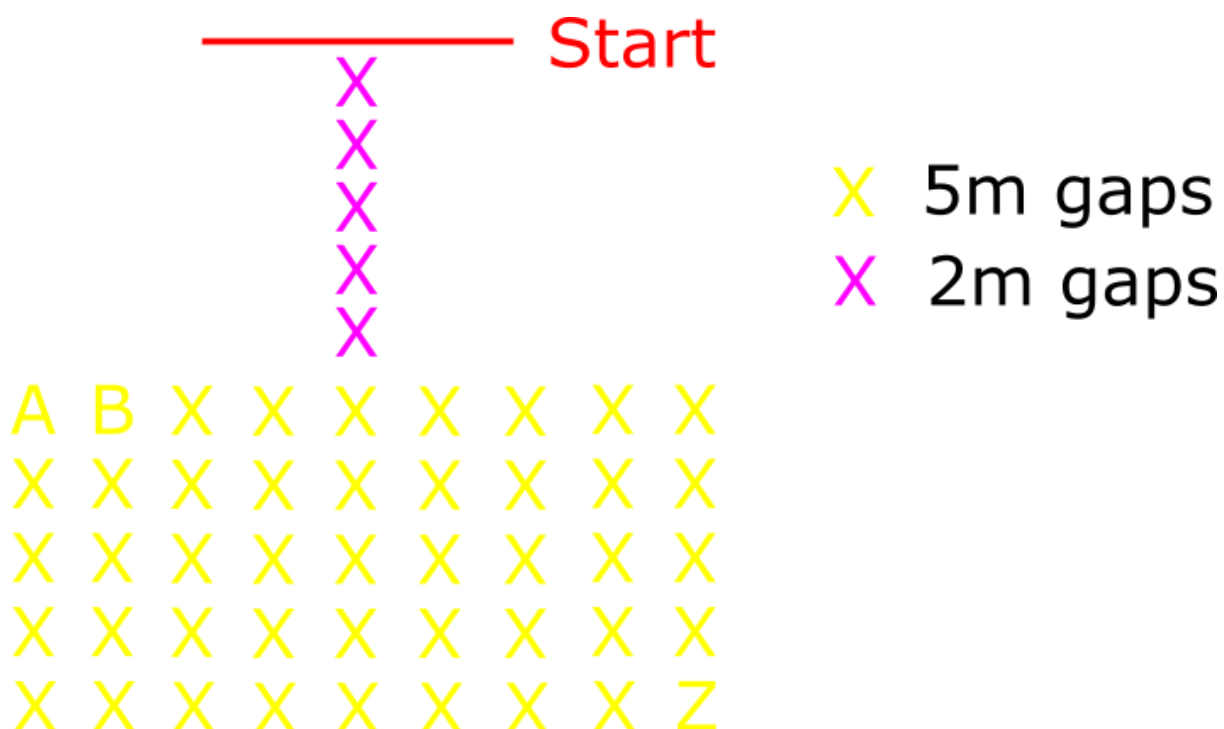
If a runner is not present on the day, then the gaps are maintained. You do not move up to fill the time slot. For example if Stuart does not run on the day, Matt still starts at 9:12:30, he does not start at Stuart's time of 9:12:00

Starting Process

Runners waiting to start can join the Holding Area at any point (probably when you have 10mins to go until your start time). You can stand by any cone which are spaced at 5m intervals

The first five runners will take up position ready to start (pink Xs). When the first runner starts the other runners move up one space, and the 6th runner is called to the start from one of the waiting stakes.

If you are a pair running together, please hold back until the second runner's number is called and then move to the next five to start (pink Xs) at the same time.



Please check the schedule for more information.

| Race Wave | Arrive at venue | Start from | Exit from | Colour | OTD? |
|---------------|---------------------------------|---------------|---------------------------------|--------|------------|
| Canicross 5km | 30mins before your start | 09:00 - 09:10 | 30mins after your finish | Blue | from 09:10 |
| Wave 1 - 5km | 30mins before your start | 09:30 - 09:45 | 30mins after your finish | Yellow | from 09:45 |
| Wave 1 - 10km | 30mins before your start | 09:45 - 10:30 | 30mins after your finish | Black | from 10:30 |
| Wave 2 - 5km | 30mins before your start | 11:00 - 12:00 | 30mins after your finish | Yellow | No |
| Wave 2 - 10km | 30mins before your start | 11:00 - 12:00 | 30mins after your finish | Black | No |

Race Briefing

There is no race briefing on the day. Everything you need to know is in here...make sure you give it a good read.

Routes

Universal Course Markers

All our race routes are marked with the same fairly standard Run Route arrows, our Red and White run arrows, and white and red relish running branded tape hanging from trees.



There will also be orange spray paint and orange arrows on the ground.

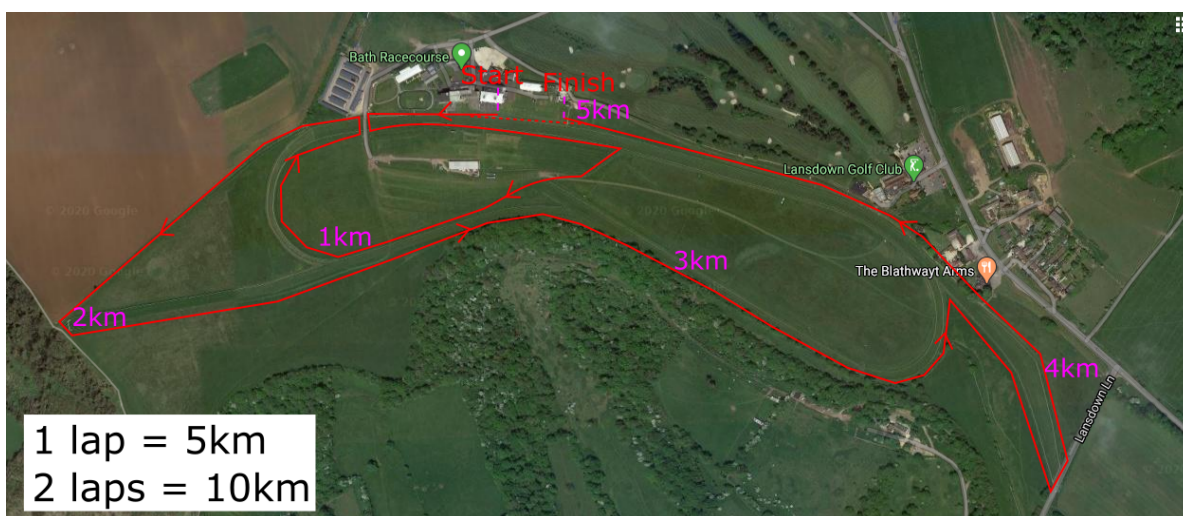
Distance Markers

As these events are metric, so are their distance markers.



The **Yellow KM Distance Markers** are for the **5km and 10km**. You should expect to see markers at 1km, 2km, 3km, 4km and 5km. As it is a two lap course, we won't be putting out markers 6km - 9km.

Route Descriptions



The is a 1 lap 5km and 2 lap 10km course

Route Description

The first part of the route takes you past the racecourse spectator stands and parade area for the horse racing. On your left hand side will be a filter lane for runners joining the route to start their second lap (10km runners) This section is fairly narrow so please be aware of one and other and give each other space - only overtake when it is safe to do so.

A series of left turns brings you to a lap of the inside of the racecourse. Please stick to the edge of the route, running on the left and over taking on the right.

After a few more left turns you are now on the outer lap of the racecourse, about 1.4km into the 5km lap, heading to the corner by the 2km marker. Here you loop around the back of the fencing and to start your run towards the 3km marker.

The section from 2.7km to 3.2km is relatively narrow and a section where you are most likely to see members of the public. Please remember to run in single file, give way to other users, and only pass when it is safe to do so.

As you head towards the far right of the map, you loop around the back of the racecourse fencing once again. There is a road ahead, but you DO NOT cross the road. Stay close to the fencing and loop around the back.

From 4km to 5km, the route is very wide and open. As you approach the finish line, 5km runners bear right at the split to head direct to the finish. 10km runners bear left after completing their first lap, to take the filter lane to run pass the start line as mentioned above. Upon completing their second lap, 10km runners head for the finish line.

Refreshments

There will be a coffee van serving hot drinks and sacks

Medical

The main medical point is at the start/finish which the 10km runners will pass upon completing their first lap. That is to say there is a medical point every 5km.

Finish

After the race all runners will be awarded a medal and will be provided with a buffet of tasty treats.

Results

PROVISIONAL Results will be posted to our website by 18:00 on race day, most likely much earlier. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish time for you.

If you are unable to complete the distance for your event, you do not need to cross the finish line. However if you do, please let the timing team at the far end of the funnel know that you have dropped out.

Please only cross the finish line once. If you cross the finish line twice, with friends or family in later waves, it creates lots of confusion as we end up with two results for you!