

Tholthorpe 10k runner's information

We're looking forward to seeing you all on the 12th of September and hope you have a fantastic time at this, the 25th Tholthorpe 10k. It's hard to imagine that the organisers of the first run ever imagined the event would still be going well into the next century and celebrating a silver jubilee.

Here is a list of useful information for the day.

- There are lots of questions about Covid and social distancing requirements. You will see some changes to previous years but we have minimised those as far as possible. **Our main request is that you keep as much distance as makes you comfortable and, crucially, respect others by giving everyone else the space they need.** We have lots of space and it's a chip timed event so there really is no rush to cross the start line.
- We are following advice and guidance from UK Athletics so have attached a copy of their Participants' Code of Conduct for your information.

Car Parking

Car parking is in the usual place, on the old airfield just off the Raskelf Road. Postcode YO61 1ST works for most satnavs.

Bib/number collection

As usual this will be on the New Inn car park. Numbers are available from 9.30am. We ask that you please consider wearing a buff or mask when collecting your bib and at the start line. This is to ensure others feel comfortable

Sanitiser

There will be plenty of sanitiser available should you need it.

Toilets

Toilets will be in the village hall car park.

Bag drop

There is no bag drop available this year, in line with UK Athletics advice.

Water stations

To prevent crowding on the course we are only able to have one water station this year. It will be after approximately 7 km. If you expect to need more water before that time please bring a bottle with you. There will also be bottled water available at the end for all finishers. Bins will be provided for you to discard your water bottles. Please do not litter the course with plastic bottles.

Start line

The start line is in the usual place, beyond the New Inn, leaving the village towards Flawith. To reiterate, this is a chip timed run so your run timing only starts as you cross the start line. We ask that you spread out behind the line as there is plenty of space. If you are uncomfortable standing in a crowd then please give yourself lots of room and wait at the back. We ask that you please consider wearing a buff or mask when collecting your bib and at the start line. This is to ensure others feel comfortable. Please do not discard masks on the course

Road safety

If you have run with us before you'll know that the roads are open to traffic so ask that you stay on the left. We have plenty of marshalls on the route and the roads are quiet but ask that you help us by staying left. The exception to this is the first section, where we close Flawith Road for the start. This allows approximately ½ mile for everyone to find their own space.

Medical assistance

We have a doctor and first aid available around the course so, if you need assistance, please contact the nearest marshall who will organise help for you.

Post race catering

We will have our usual delicious array of home made cakes, drinks and snacks available on the green after the run. This year we will be serving outside and have the ability to take payments by card.

Prize giving

Prize giving will be in front of the village hall from about 12.30. Once again we ask that you respect others by giving them the space they are comfortable with.