



4<sup>th</sup> August 2020

Dear runner,

Firstly we would like to thank everyone who took the time to complete the survey we recently sent regarding the running of this year's Tholthorpe 10k. We had a tremendous response and, as a direct result of that and other feedback, have decided that we will hold the event. Yes, you read that correctly – we now intend to continue with this year's run! Health and government bodies tell us that, to help defeat and combat the coronavirus, we should all stay fit and healthy so we are helping to do that.

The booking system is live at [www.bookitzone.com](http://www.bookitzone.com) and we are now taking bookings. You will shortly see our boards appearing in the area but we wanted to let previous entrants have the first opportunity to sign up as numbers of entrants are likely to be restricted and, with so many other events being cancelled, demand is likely to be high.

**\*\* COVID: PLEASE NOTE THAT THERE WILL BE NO ENTRIES ON THE DAY. \*\***

**\*\* COVID: PLEASE NOTE THAT ONCE ENTERED, YOU CANNOT/MUST NOT TRANSFER \*\***

**\*\* YOUR PLACE TO ANOTHER RUNNER. IT IS IMPERATIVE THAT OUR RECORDS \*\***

**\*\* ARE ACCURATE DUE TO TRACK AND TRACE REQUIREMENTS \*\***

**\*\* THEREFORE WE ARE NOT ALLOWING ANY TRANSFERS THIS YEAR. \*\***

To give you some context to our decision almost half of last year's runners responded to our poll, 65% stating that would run the race, 25% still undecided and 10% will not run. We also received lots of emails and other comments showing the desire for us to hold the event. There were a smaller number who don't feel we should be holding the run and we also took that feedback into account. This year's event will inevitably be different to anything we have previously offered so there is some background information below. All runners will receive detailed information nearer the time.

#### Important background information

We are acutely aware that our event is one of the first to resume after the lockdown so will be under scrutiny and create interest for the media and various authorities. You will receive detailed information before the event and we ask that you read it thoroughly and comply with the rules and guidance that will inevitably be necessary. As a village we take pride in the numbers of runners who return every year so, with your help, want to offer an enjoyable and safe run for everyone.

We will be following guidance from UK Athletics, Run Britain and government agencies. This is still being finalised but will include measures such as these;

- Race numbers will be posted to you ahead of the run, to simplify social distancing on the day of the run.
- The start cannot be a mass start as in previous years. Details are still to be confirmed but we are planning a staggered 'wave' start, with markings on the road at the start line to ensure spacing between runners. We will confirm specific details before the event but, as you might expect, this will be the most complex part of the event and we will require your help to ensure this runs smoothly. **When you book online you will be asked for your expected pace and race time – please be as accurate as possible as that will help us enormously when organising the waves/start groups.**
- Extra toilets will be made available on the day of the run.
- We will be unable to hold a prizegiving ceremony so prizes will be posted to winners, with a list of winners on our website.
- There may be a requirement for runners to wear a buff or similar face covering while waiting at the start line area. Final clarity is still being sought and this will be confirmed with final run information nearer to the event.
- We hope to be able to offer catering after the race as this is always popular. As you might expect this will be different to previous years (possibly a smaller range, all individually wrapped and maybe outdoors) but details will be confirmed nearer the time.
- Water will be available on the course but it is likely to be in individual bottles for simplicity. Large bins will be in abundance after the water stations for you to deposit empty bottles.
- Every runner will receive one of our famous Tholthorpe 10k mugs at the end of the race but these will be laid out on tables for you to collect, instead of being handed to you individually.
- **Given the strange times we live in if, for any reason, we are forced to cancel the run at short notice all entries will be simply rolled to next year.**

There will other measures but, in essence, we will need to minimise queues, keep everyone safe and ensure we all have a thoroughly enjoyable day. Our volunteers are keen to be part of the run, runners want the run to go ahead and be involved in a race after keeping fit all year so we would be delighted for you to join us. We simply wanted to give a flavour of the types of changes you will see – the biggest being the staggered wave start.

Once again thanks to everyone who took part in our survey and we look forward to seeing you on the 13<sup>th</sup> of September.

PLEASE keep upto date by checking our website (<https://tholthorpe10k.co.uk>) and facebook page (<https://www.facebook.com/tholthorpe10k>) for the latest updates. Please also regularly check your emails (including junk AND spam folders) for official communication.

Tholthorpe 10k committee

P.S. If you can't think of another reason to remember 2020 this is the 25th Tholthorpe 10k.