

WELCOME TO THE 2021 Chopwell 10k ish TT

Chopwell wood is a great place for trail running, but not many people have the courage to venture off piste, this route is going to test your up and downhill running skills as well as your lung capacity.

Don't expect a PB on this route, it's approx. 6.8 miles long and somewhere in the region of 1100ft of climbing.

Covid.

Events still need to be slightly modified to make it safe for competitors, event staff and the public, things will be a little different from usual, but we are confident that you will still have a lot of fun!

Please bring with you a face mask, you do not need to wear it when running, but we ask you to wear it if at race HQ, or when going to the toilet.

There will be hand sanitizers, located outside of, and inside the toilets and at race HQ, please use them before visiting the loo, or entering the race corral.

Please observe all social distancing guidelines that are in place at the time of this event.

We will not be having a mass start; in fact we will be setting everyone one off individually. Your race time will have been communicated to you before the event, shared on social media and on our website. If for whatever reason you miss your start time, you will be given the next available one or need to wait until the end.

There will be no prize presentation and sadly we must encourage you to leave the immediate area around the race as soon as you have finished. Obviously, you can await the arrival of your friends and family, but we ask you to do so away from the finish line, and again observing all social distancing guidelines.

Prizes/Spot prizes. There is a new pair of trainers for the fastest man and woman and numerous spot prizes up for grabs, for segment champs, we will try and had the spot prizes out at the event, but the new trainers will be arranged after and are to be collected from our friends at Run Unlimited in Prudhoe.

Parking

Please park in the main car park.

Chopwell Wood is about 10 miles south west of Gateshead. The road entrance to the car park is in the Hookergate area of High Spen village, off the B6315.

Sat Nav postcode **NE39 2AG**

Grid reference **NZ 136580**

Be aware that the entrance road narrows to single track round the blind bend. Please observe the 20 mph speed limit, and use the marked passing places. There could also be groups of walkers, horse riders or cyclists using the road.

The number X47 Red Kite bus operated by Go North East runs regularly from central Newcastle and the Metro Centre to Hookergate Lane/Chopwell Woods Road from where it's a short walk into the Wood.

Toilets

There are portable toilets at the main car park, please use the hand sanitizer before and after using them and observe social distancing whilst queuing.

Registration

You will already have your race number and start time. You can enter the holding pen from 10 minutes before your start time – a marshal will check you in at the holding pen entrance so please have your race number on clear display. Until this time, please stay away from the start area (you may be turned away if you arrive too early at the holding pen).

From the holding pen, runners will be called to the start area in a small group ready for each individual start. Please listen out carefully for your number to be called!

Contacts.

If there is a real emergency during the event, please dial 999. There is good phone signal in most parts of the woods.

Please add these numbers to your mobile telephones prior to the event.

Mark Marchant: RD 07428071115

Hazel Marchant RD 07951723049

Jenny Yeo Event Doctor 07967583018

Andrew Pennington: Course Manager 07894869361

Marshals and Sweepers

Marshals and sweepers have given up their time to help out at this event, some their whole day. If you are feeling a bit grumpy, hide it, be pleasant and thank the marshals. Any bad treatment, abusive language etc given to a Marshal will result in that competitor being disqualified from the race. Of course if you are in real distress, let a marshal know and we will do our best to help you!

Timing

This event is being manually timed: everyone will be set off individually at 9am, 9.01 and so on. For that reason, we may be unable to provide results instantly. They will be published on the day of the event on our Facebook page and communicated to your SiEntries registered email address.

Category Prizes

M1

F1

Waymarking

There will be lots of marshals on the route, as well as regular small flags and red and white tape to follow and larger, bright yellow directional signs.

Terrain conditions

Very steep descents, loose dirt and rutted mountain bike trails, small sections of wider gravel footpaths. There are a few very narrow paths with adverse camber and steep drops on one side, there will be a marshal at these points and in some cases a rope to use as a handrail. At this time of year there can be a lot of ticks around in woodland and long grass, we suggest you wear insect repellent on your exposed skin and make sure you check yourself after the race.

Race Rules

1. All participants must run under their own name. The entry system allows you to swap names prior to the event. No name changes will be taking place outside of SI entries.
2. Any competitor who is deemed unfit to continue by the race directors, marshals, or medics will be withdrawn from race. The decision will be FINAL.
3. If you decide to retire from the race you must notify a marshal. You must surrender your race number and you will not be allowed to continue.
4. Cheating of any kind will not be tolerated, this includes, taking a short cut or any other kind of un-sporting behaviour. You will be disqualified from the event if caught.
5. Please allow faster runners to get past, it is your responsibility to decide when it is safe to allow this to happen. Should you be doing the overtaking only do so when there is sufficient room not to cause risk to you or your fellow runners or members of the public.
6. We strongly advise against the using of NSAIDs (Non-Steroidal Anti-Inflammatory Drugs e.g. Ibuprofen) during the events, as they are proven to cause harm during endurance events. Doing so against this advice is strictly at the competitor's risk.
7. The course is fully marked and marshalled; however, runners must pay attention at all times.
8. You must always have your bib number visible.
9. Littering will result in immediate disqualification.
10. Dogs are not permitted at the event.
11. We do not have exclusive use of the Woods or trails within it: other users may be present, and you have no right of way over them. Please always pay

attention: it is possible that you may encounter mountain bikers, or members of the public on horseback. Be polite and courteous.

12. No crew or pacers allowed during the event.