**Caithness 10K (29.11.20) Please read before attending**

Many thanks for entering the Caithness 10k, we are delighted to be able to bring you a race under these difficult times. We have guidelines in place, many of which are required to meet keep you safe and stay within the guidelines of Scottish Athletics.

**Covid-19**

Runners are required to wear face coverings from the time you arrive until you are in the warm-up area prior to race start. Runners must observe social distancing until they are in the warm-up area.

Face coverings must be carried by all runners during the race to allow for assistance from marshals or first aiders if required.

Face coverings must be put back on as soon as runners come through the finish line and runners must then observe social distancing, including from those in their waves.

Although you have entered the Caithness 10k, please do not attend the event if you:

* Have been in contact with someone with COVID-19 in the last 14 days
* Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days
* Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell
* Have been told to self-isolate as part of the contact tracing measures in place

**Spectators**

Due to Covid-19 restrictions, spectators are not permitted and we ask all runners to respect this.

**Parking**
Runners must follow Scottish Government guidance with regard to car sharing. Limited parking is available at Staxigoe Hall, KW1 4QY. Please use the surrounding streets to park sensibly but do not park on the shorefront section of road leading to the Hall, where runners will make their way out onto the course.

**Registration**
Runners must wear face coverings during Registration. Registration is at 10.00am which will take place in the carpark of Staxigoe Hall. Wave 1 runners should arrive promptly at 10.00am, with wave 2 runners arriving at 10.10am. Please register and then move away from the Registration area. Runners must observe social distancing when registering.

Runners who are late to registration will not be allowed to register and then run.

**Race numbers**
Your race number should be secured to the front of your kit using safety pins. It must be worn on the garment that will be visible when you finish the race. Runners should bring their own pins.

Due to NHS Test and Protect, runners are not permitted to transfer their number to another runner. Any runner found to be racing with another runner’s number will be disqualified.

**Facilities**
There are no toilets or changing facilities available at the start / finish area due to Covid-19 restrictions. Runners should arrive ready to run. Any runner found to be using the surrounding area as a toilet will be disqualified. Toilets are available in Wick at Tesco supermarket.

All runners kit is the responsibility of runners and should not be discarded outwith of vehicles.

**Race details**

The race will have two waves of up to 30 athletes, based on the estimated times you provided on entering. Your wave is identified at the bottom of this document. Runners must not swop waves. Wave 1 will start at 10.30am and wave 2 at 10.40am.

Wave 1 is to be at the Hall at 10.20am and Wave 2 to be at the Hall at 10.25am, ready to be moved down to the start area. There will be a warm up area beyond the start area for you to use in the final 10 minutes and face coverings can be removed once you enter the warm up area. Please do not go down to the start area before this. Wave 2 will not be released to go to the start area until wave 1 has started their race.

Runners should run on the left side of the road at all times. Runners can pass other runners going the opposite direction but should do so maintaining a 2m side by side rule.

**Ear phones**

For runners own safety, you are reminded that ear phones are not permitted, however runners may wear bone conductor earphones connected to phones. Any runners wearing earphones will be removed from the race by marshals in line with UK Athletics rules to ensure your safety whilst out on public roads.

**Start / Finish**
The start/finish area will be 150m down the farm track from the Staxigoe Hall. Runners should leave as soon as they have finished and have collected their medal. Face coverings must be put back on as soon as runners come through the finish line and runners must then observe social distancing, including from those in their waves.

Due to Covid-19 restrictions there will be no water station on the course and runners are asked to carry their own water if they need it. Water bottles and other rubbish must not be discarded on the course.

**Prizegiving**
There will be no prizegiving. Runners are asked to collect their own medal as soon as they finish, using the hand sanitiser supplied and then to leave the finish area.

**Any questions prior to the race or on the day**
Please contact the following Race Organisers who will be identifiable in blue race organiser tabards on the day:

Donna Stewart – 07739341016

Sophie Dunnett - 07756298913

**Wave / Start details**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Runners Name** | **Race no.** | **Club** | **Wave** | **Start time** |
| Adam Critchley | 201 | NHH | 1 | 10.30am |
| Andrew Douglas | 202 | NHH | 1 | 10.30am |
| Bruce Fairweather | 203 | NHH | 1 | 10.30am |
| Connor Miller | 204 | NHH | 1 | 10.30am |
| Craig Moar | 205 | OAC | 1 | 10.30am |
| David Orr | 206 | NHH | 1 | 10.30am |
| David Stockan | 207 | NHH | 1 | 10.30am |
| David Whitelaw | 208 | NHH | 1 | 10.30am |
| Derek Mackenzie | 209 | NHH | 1 | 10.30am |
| Hannah Paterson | 210 | NHH | 1 | 10.30am |
| Ian Manson | 211 | ORC | 1 | 10.30am |
| Ian Suttcliffe | 212 | OAC | 1 | 10.30am |
| James Kelman | 213 | NHH | 1 | 10.30am |
| Jamie McCulloch | 214 | NHH | 1 | 10.30am |
| Jayne Klimas | 215 | NHH | 1 | 10.30am |
| John Budge | 216 | NHH | 1 | 10.30am |
| Kenny MacGruer | 217 | NHH | 1 | 10.30am |
| Malcolm Lord | 218 | NHH | 1 | 10.30am |
| Mark Taylor | 219 | NHH | 1 | 10.30am |
| Mary Coll | 220 | NHH | 1 | 10.30am |
| Paul MacDonald | 221 | NHH | 1 | 10.30am |
| Paul Steven | 222 | NHH | 1 | 10.30am |
| Angus Mackay | 223 | NHH | 2 | 10.40am |
| Beth O’Connell | 224 | NHH | 2 | 10.40am |
| David Longmuir | 225 | NHH | 2 | 10.40am |
| Dean Bowman | 226 | NHH | 2 | 10.40am |
| Deborah Larnach | 227 | NHH | 2 | 10.40am |
| Fiona Rollo | 228 | NHH | 2 | 10.40am |
| Graham Douglas | 229 | NHH | 2 | 10.40am |
| Jennifer Bremner | 230 | NHH | 2 | 10.40am |
| Jodie Henderson | 231 | NHH | 2 | 10.40am |
| John Mackenzie | 232 | NHH | 2 | 10.40am |
| Julie Douglas | 233 | NHH | 2 | 10.40am |
| Julie Garriock | 234 | ORC | 2 | 10.40am |
| Julianne Leslie | 235 | NHH | 2 | 10.40am |
| Kerrie Mackenzie | 236 | NHH | 2 | 10.40am |
| Kerryn Sievewright | 237 | NHH | 2 | 10.40am |
| Lynn Hibbert | 238 | NHH | 2 | 10.40am |
| Marnie Ker | 239 | NHH | 2 | 10.40am |
| Mary Louth | 240 | NHH | 2 | 10.40am |
| Michael Reid | 241 | NHH | 2 | 10.40am |
| Nia Bernal | 242 | NHH | 2 | 10.40am |
| Rachael Gunn | 243 | NHH | 2 | 10.40am |
| Sarah Dunnett | 244 | NHH | 2 | 10.40am |
| Sean Wyllie | 245 | NHH | 2 | 10.40am |
| Shaun Henderson | 246 | NHH | 2 | 10.40am |
| Yvonne Richard | 247 | NHH | 2 | 10.40am |