

Redcar Rugby Club Cross Country, 2nd April 2021

BEFORE & AFTER RUNNING, ATHLETES AND PARENTS PLEASE OBSERVE “RULE OF 6”

Thank you for entering this event, please read carefully and adhere to the information that follows:

UKAthletics Participant Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by your event
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting* and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own hand sanitizer
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

*** UKA Rule 18.5 supplementary note: No Spitting – ie not just for COVID**

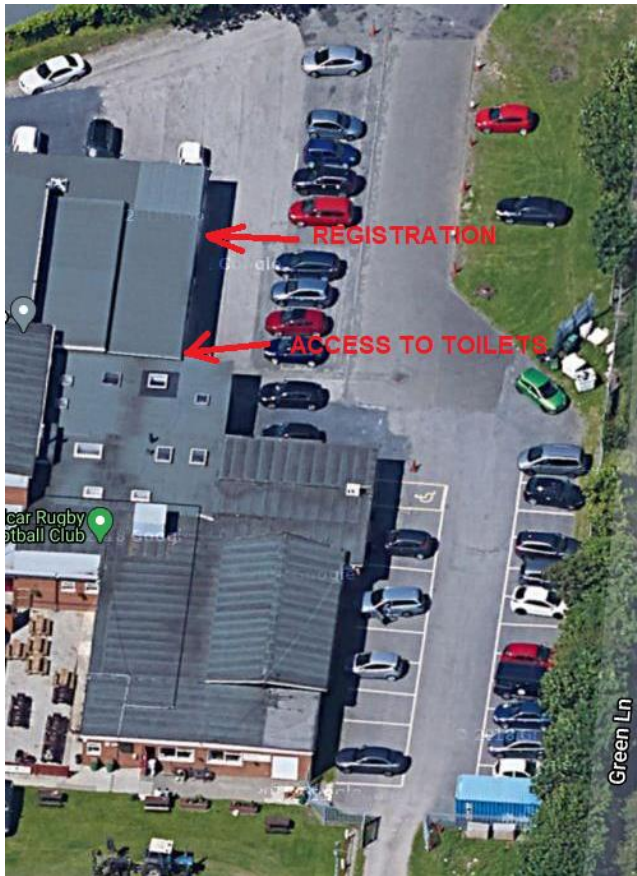
There will be a limited parking at the Rugby Club, there is additional formal car parking at the football club opposite the rugby club and on the Coast Road as shown below (there are public toilets at the Coast Road car parks).



When you arrive at the Rugby Club registration will be outside the club house main entrance. Please collect your number and return to your car to attach the number and tags (see below). Warm up in the areas indicated.

Overall Course





Registration & Toilets

Please do not arrive at the registration desk before the allocated time of **11.45am** to collect your bib and chips (see list below).

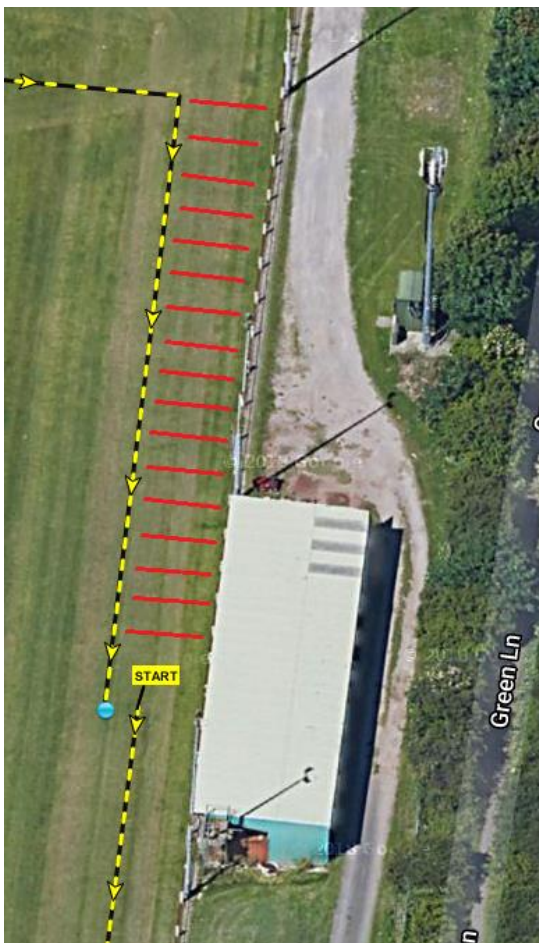
If you need to queue then do so along the wall as indicated and maintain 2m distance.

Toilets can only be accessed from the car park and not via the course area. Please wear a face covering when entering the building.





The course site is enclosed, we will control entry and exit using the two gates as shown, only runners (+ parent/carer) wearing a number will be given access to the site.



Please assemble behind the start line in the groups of four as indicated on the start list below, starting with lowest bib numbers to the front. 2m spacing will be indicated by tape ties on the barrier and group letters. Please approach these positions from the middle of the pitch, via the rugby posts



When you finish.

Once you cross the finish line (same as start line) please proceed immediately to the exit gate as shown

Please duck under the barrier if you are able to, otherwise walk around the end of the barrier.

There will NOT be a chip on the back your bib number, but two chips which you are asked to pin either to your shorts or the bottom of your vest as shown below. Please make sure that they are able to hang and move freely.



THESE ARE RE-USABLE so please make sure you return them in the basket provided near the exit gate. **Please do not pin the tags back into pairs.**

The “start” will be at 12.30pm when Group A will set off, followed by Group B 10 seconds later and so on.

It will take just 3 minutes for all runners to start, so please assemble in your allotted position by 12.30

PLEASE NOTE UNDER 13s COMPLETE 1 LAP ONLY

Group	Bib No	Forename	Surname	Gender	Club
A	2026	Alex	Kiel	Male	New Marske Harriers Club
	2027	Michael	Joyeux	Male	Quakers Running Club
	2028	JAMES	Wilson	Male	Loftus & Whitby AC
	2029	Paul	Brown	Male	New Marske Harriers Club
B	2030	Ben	Riddiough	Male	New Marske Harriers Club
	2031	Martin	Murray	Male	New Marske Harriers Club
	2032	Tom	Danby	Male	New Marske Harriers Club
	2033	Alex	Boyer	Male	Unattached
C	2034	Fraser	Allan	Male	Billingham Marsh Hse
	2035	Harry	Wilson	Male	Darlington H & AC
	2036	Richard	VEITCH	Male	Esk Valley Fell Club
	2037	David	Parkin	Male	Leeds City Athletic Club
D	2038	Gemma	Harcombe-moore	Female	New Marske Harriers Club
	2039	Dylan	Wilson	Male	Darlington H & AC
	2040	Zara	Jones	Female	Darlington H & AC
	2041	Sophie	Bannister	Female	Darlington H & AC
E	2042	Mark	Jackson	Male	Middlesbro & Cleveland
	2043	Matthew	Downs	Male	New Marske Harriers Club
	2044	Stan	Francis	Male	Mandale
	2045	Neil	Youngson	Male	New Marske Harriers Club
F	2046	Jack	Farrel	Male	New Marske Harriers Club
	2047	Daniel	I'Anson	Male	Darlington H & AC
	2048	Aaron	Keys	Male	Middlesbro & Cleveland
	2049	Jade	Hutchinson	Female	Darlington H & AC
G	2050	Jane	Halloran	Female	Skyrac Athletic Club
	2051	Sophie	Quinn	Female	Billingham Marsh Hse
	2052	Oliver	Rodgers	Male	Redcar Running Club
	2053	Paul	McDermott	Male	Redcar Running Club
H	2054	William	Young	Male	New Marske Harriers Club
	2055	Peter	Mcelvaney	Male	Middlesbro & Cleveland
	2056	Greg	Walsh	Male	Loftus & Whitby AC
	2057	Aiden	Colmer	Male	New Marske Harriers Club

I	2058	Paul	Noble	Male	Redcar Running Club
	2059	Phillip	Noble	Male	New Marske Harriers Club
	2060	Peter	Walsh	Male	Loftus & Whitby AC
	2061	Peter	Gamble	Male	Redcar Running Club
J	2062	Kath	Aspin	Female	New Marske Harriers Club
	2063	Angus	Francis	Male	Mandale
	2064	Jacob	Brown	Male	Billingham Marsh Hse
	2065	Shaun	Flewker-Barker	Male	Redcar Running Club
K	2066	Zoe	Hill	Female	Mandale
	2067	Patricia	Speedie	Female	New Marske Harriers Club
	2068	Ellie	Walsh	Female	Loftus & Whitby AC
	2069	Hugo	Douglas-Reeves	Male	Darlington H & AC
L	2070	Freddie	Radmore	Male	Darlington H & AC
	2071	Olivia	Douglas-Reeves	Female	Darlington H & AC
	2072	Isobelle	Troop	Female	New Marske Harriers Club
	2073	Andrew	Kirkham	Male	Lonely Goat
M	2074	Martin	Davis	Male	Redcar Running Club
	2075	Gary	Beard	Male	Loftus & Whitby AC
	2076	Nigel	Shaw	Male	Hartlepool Burn Road
	2077	Carolyn	Gale	Female	North York Moors AC
N	2078	Donna	Blackwell	Female	Redcar Running Club
	2079	Lottie	Graves	Female	Darlington H & AC
	2080	Geoff	O'Grady	Male	Runnymede Runners
	2081	Sam	Adwar	Male	Redcar Running Club
O	2082	Shirley	Gibson	Female	Darlington H & AC
	2083	Clare	Agar	Female	Redcar Running Club
	2084	Peter	Ball	Male	Redcar Running Club
	2085	Jon	Zigmond	Male	Lonely Goat
P	2086	Caroline	Chinnock	Female	New Marske Harriers Club
	2087	Ray	Wheatley	Male	Redcar Triathlon Club
	2088	Derek	George	Male	Redcar Running Club
	2089	Luke	George	Male	Unattached
Q	2090	Jenny	Parker	Female	Redcar Running Club
	2091	Anthony	Oliver	Male	Hartlepool Burn Road
	2092	Simon	Mills	Male	Middlesbro & Cleveland

RESULTS

Results can be view using the links below:

[Under 13 Boys](#)

[Under 13 Girls](#)

[U15+ Men](#)

[U15+ Women](#)