

HEATHFIELD 10K

HEALTH & SAFETY ASSESSMENT (REQUIRED BY THE SEAA)

HEATHFIELD 10K HAS A SEAA PERMIT No. 7212

SO IS PERCEIVED TO BE A SAFE EVENT.

1. THE POLICE HAVE BEEN CONSULTED AND A ROAD CLOSURE IS IN PLACE FOR THE START OF THE EVENT.
2. LOCAL RESIDENTS HAVE BEEN INFORMED OF THE EVENT.
3. A MAXIMUM OF 300 (THREE HUNDRED) RUNNERS HAS BEEN SUGGESTED TO ENSURE SAFE START AND FINISH AREAS.
4. THE COURSE HAS BEEN MEASURED BY AN ACCREDITED UK ATHLETICS COURSE MEASURER.
5. THE COURSE WILL BE SIGNED, TAPED AND MARSHALLED BY ADULTS.
6. MARSHALLS WILL BE FULLY BRIEFED PRIOR TO THE START OF THE EVENT.
7. HIGH VISIBILITY BIBS WILL BE WORN BY ALL MARSHALLS.
8. THERE WILL BE A LEAD VEHICLE.
9. THERE WILL BE A 'SWEEP' VEHICLE TO FOLLOW THE LAST RUNNER AND MARSHALLS WILL REMAIN IN POSITION UNTIL THIS VEHICLE HAS PASSED THEM.
10. THE COURSE WILL BE CLEARED OF ALL SIGNS AND DEBRIS AS SOON AFTER THE RACE FINISH AS IS PRACTICABLE.
11. ST. JOHN AMBULANCE STAFF WILL BE IN ATTENDANCE.

NOTES TO RUNNERS

1. OBEY MARSHALLS INSTRUCTIONS AT ALL TIMES.
2. THE RACE IS RUN ON COUNTRY ROADS. BACK LANE WILL BE CLOSED TO TRAFFIC, BUT WHEN YOU MAKE THE FIRST RIGHT TURN, IN THE INTEREST OF YOUR OWN SAFETY AND THAT OF OTHER ROAD USERS, PLEASE KEEP TO THE LEFT HAND SIDE OF THE ROAD.
3. THE RACE HQ IS AT THE HEATHFIELD & WALDRON RUGBY CLUB IN CROSS-IN-HAND.
4. THE START IS IN BACK LANE WHICH WILL BE CLOSED TO TRAFFIC FOR THE START OF THE RACE. THE FINISH IS ON THE RUGBY CLUB FIELD.
5. RUNNERS WILL BE CALLED TO THE START AT 9.50. ACCESS WILL BE FROM THE FIELD AND NOT VIA THE CROSS-IN-HAND PUB.
6. THE COURSE IS MAINLY RUN ON NARROW COUNTRY LANES SO BE AWARE OF OTHER RUNNERS FOR THE FIRST 400 YARDS UNTIL THE FIELD BEGINS TO THIN OUT. THERE ARE SOME UNEVEN ROAD SURFACES AND BE AWARE THAT THERE MAY BE MUD AND OTHER DEBRIS THROUGHOUT THE COURSE. WHEN ENTERING BROWNS LANE, THERE IS A SHARP CORNER AND A STEEP DESCENT. WHEN APPROACHING THE STAR PUB IN WALDRON, THERE IS A 3-WAY JUNCTION, BE AWARE OF OTHER ROAD-USERS AS IT MAY BE BUSY DUE TO CHURCH GOERS. AT THE BURNT HOUSE FARM WATER STATION IN HANGING BIRCH LANE, THERE MAY BE MUD ON THE ROAD.

7. THE FINISH IS THROUGH A TIGHT SPACE IN THE HEDGE SURROUNDING THE RUGBY CLUB FIELD, FOLLOWED BY 250m OF GRASS WHICH MAY BE WET AND THEREFORE SLIPPERY. ENSURE THAT YOUR NUMBER IS CLEARLY VISABLE WHEN CROSSING THE LINE AND REMAIN IN YOUR FINISHING POSITION UNTIL YOU HAVE CLEARED THE FUNNELL.
8. IF YOU HAVE NEED TO PULL OUT OF THE RACE FOR ANY REASON, PLEASE INFORM THE NEAREST MARSHALL.
9. FINALLY, PLEASE INFORM A MARSHALL OR THE ST.JOHNS AMBULANCE IF YOU HAVE ANY PROBLEMS AND WE HOPE THAT YOU ENJOY THE EVENT.

WE STRIVE TO IMPROVE OUR RACE EACH YEAR, SO IF YOU HAVE ANY CONSTRUCTIVE SUGGESTIONS PLEASE EMAIL THEM TO THE RACE DIRECTOR AT:

bcholdway@hotmail.com

YOUR ENJOYMENT AND SAFETY IS OUR PRIORITY.

THE REFEREE IS GRAHAM ASHDOWN WHOSE DECISION IS FINAL.

HAVE A GREAT RUN!

BELINDA HOLDWAY
RACE DIRECTOR
HEATHFIELD 10K