

The 34th TAUNTON 10K

www.taunton10k.co.uk

Somerset West
and Taunton

Sunday 26th September 2021 - Start 11.00 am

UK Athletics Rules for Competition– tbc
SEAA Course Measurement Certificate 17/405

everyone
ACTIVE

RUNNERS' INSTRUCTIONS

COVID-19 – Race arrangements on the day are subject to change in response to any Covid-19 regulations or guidance required to be in place (whether issued by the Government, Everyone Active or Taunton Marathon Committee). All runners are required to comply with the Participant Code of Conduct below.

THE START - The race HQ is at the Blackbrook Pavilion sports centre in Blackbrook Way TA1 2RW in the Holway area of Taunton, signposted from M5 junction 25. (See plan attached).

CAR PARKING will be on the playing field next to Blackbrook Pavilion, behind the Swimming Pool. Please use the main entrance and follow Marshals' directions. Please do not inconvenience local residents by parking in the adjacent roads, as these form part of the diversion keeping traffic away from the Start. Follow the signs into the Pavilion building.

Your RUNNING NUMBER is enclosed

Please arrive in plenty of time to park and fix on your number before the Start at 11.00am. You need to provide your own safety pins.

Wear your number on your **FRONT** so it can be seen clearly as you cross the Start and Finish lines.

Limited **CHANGING FACILITIES** are available at Blackbrook Pavilion. Articles are left there **ENTIRELY AT OWNER'S RISK**. Toilets and limited shower facilities are available within the Pavilion. Additional toilets will be provided at the side of the Finish straight.

THE ROUTE - Assemble at the Start in the road immediately outside Blackbrook Pavilion at 10.50 am. The route proceeds along Blackbrook Way, Chestnut Drive, right into Upper Holway Road, left into Holway Avenue, South Road, Stoke Road (crossing Chestnut Drive) and out into the countryside along narrow roads through Stoke St Mary, turning left at the village hall towards Henlade, left past the golf driving range, through Haydon. At the end of Haydon Lane turn right onto the pavement along Chestnut Drive and Blackbrook Way to the Finish at the Pavilion. Distance markers will be placed at kilometre intervals. Runners are requested to keep to the left hand side of the road at all times (except for the pavement section) and to comply with instructions from Marshals. Some parts of the course are narrow. **Roads are NOT completely closed to traffic.** The course has been measured using a bicycle fitted with a Jones Counter, as required by England Athletics.

UKA Rule 240 S5 Supplement states "**the wearing of headphones**, or similar devices, (other than those medically prescribed), **is not permitted** in races on any single carriageway road that is not wholly closed to traffic". Headphones that work by conducting sound through bones and do not sit in the ears are acceptable.



IN THE INTERESTS OF SAFETY

- please run in **single file** if you hear vehicles approaching from behind
- where directed by Marshals please run on the **footway**
- **no dogs or cyclists** will be allowed to accompany runners
- runners must not take part pushing children in '**buggies**' .

A **WATER STATION** will be located at approx 5.5K. Drinks should be taken whenever possible. Please take only one water bottle to make sure there are enough for those that are not as fast as you!

St. John Ambulance will provide **FIRST AID** on the course and at the start and finish.

The **FINISH** will be within the Blackbrook Pavilion grounds. First Aid and cold drinks will be available.

RESULTS will be processed and held on computer. They will be available via www.fullonsport.com. Final Results will be published on the event website www.taunton10k.co.uk as soon as possible after the race.

PRIZES will be presented on the day as close as possible to 12.30 pm in the Sports Hall.

There will be an **INFORMATION POINT** in the Sports Hall. Please use this if you have any queries.

Free downloads for this year's races provided by www.photo-fit.net the **OFFICIAL PHOTOGRAPHERS** for the event. Photos will be published on the www.photo-fit.net website. Register to be notified when your images are online. **If you do not want your photo published** on the website please email enquiries@photo-fit.net (subject: event & race number) or tauntonmarathon@btinternet.com with your running number or on race day leave details at the Information Point.

REFRESHMENTS - Drinks and other refreshments will be available for purchase at the Pavilion complex before and during the race.

ANY LAST MINUTE changes to race arrangements will be posted on the website www.taunton10k.co.uk.

We hope you enjoy your visit to Taunton and have a successful run. If you have any queries contact:

*John or Sue Lewis - telephone (01823) 283892
email tauntonmarathon@btinternet.com*

COVID-19 Participant Code of Conduct

The easing of mandatory measures which will see an increase in running events with the subsequent benefits that brings in physical and mental health, it should be borne in mind that a significant percentage of the adult population have not been double vaccinated and that those under the age of 18 years have not been vaccinated at all.

Participant, officials and spectators will be in this group and can catch and spread the virus.

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

- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following.
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.

- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace)
- 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.
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants.
- Observe social distancing wherever possible.
- Leave more time than you normally would to get to and from the event.
- Be self-sufficient - be prepared to bring your own water, 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.
- Bring your own hand sanitizer.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>

Version 5
19 July 2021.



Blackbrook Pavilion
Blackbrook Way
Taunton
TA1 2RW

Northbound on M5 At J26 (Wellington) take 4th exit for A38 Taunton (c7 miles)
Follow A38 Bridgwater signs through Taunton

Southbound on M5 At J25 take 4th exit on left towards town centre (A358)
Turn left at Creech Castle traffic lights
Follow brown signs to "Sports Centre"
Car park is 100m before Sports Centre

From town centre

Turn right at bottom of East Reach into Wordsworth Drive then follow Lisieux Way to roundabout, take first exit on to Blackbrook Way – Sports Centre is on right. Car park is 100m beyond Sports Centre entrance

