



Tugby Half Marathon Athlete Information

General Information

The Tugby Half Marathon will take place on Sunday 20th September 2020 at Café Ventoux. You have 4hrs to complete the 13.1 miles.

COVID-19

Hopefully this will be an enjoyable morning running round the lovely countryside in and around Tugby, we have had to put a number of processes in place to ensure yours and our safety, the COVID19 precautions are an obvious necessity at this time, please use common sense during the event and follow normal social distancing rules etc. if you are not comfortable with something please talk to a member of the race team.

Masks

Masks must be worn at registration, no exceptions

Schedule

	Location	Time	Comments
Registration	Cafe Ventoux	07:00 - 07:45 on 20 th September	
Start	Cafe Ventoux	08:00 on 20 th September	Race numbers 1 - 25
Start	Café Ventoux	08:15 on 20 th September	Race numbers 26 - 50
Finish	Cafe Ventoux	12:00-12:15 on 20th September	

Start times

Please note the new start times, as you can see from the above schedule we are staggering the start to help us to social distance the event and reduce the congestion at checkpoint and pinch points on the route, we will be using SportIdent timing system and you will be dibbed when you start and again at the finish to ensure you are timed correctly.

Parking

There is parking at Race HQ, please follow the signs/marshals, you will be temperature checked as you enter the car park, anybody with an increased temperature will asked to leave the parking area and not allowed to take part in the event.

Registration

Registration will take place in an outside marquee, please ensure a mask is worn and ensure standard social distancing is adhered to at registration, you will be handed an envelope containing your race number, safety pins and SportIdent dibber, once collected please return to your vehicle and remain there until your scheduled start time

Race numbers

Race number can be found on the SiEntries website given below, please check the website a couple of days before the event to see what race number you have been allocated and therefore your start time (see above)

https://www.sientries.co.uk/list.php?event_id=6476

Checkpoints

Checkpoints will be at approximately 3.5 & 8.5 miles on the route, when approaching the checkpoint please ensure you social distance from other athletes and checkpoint staff, the supplied hand sanitizer must be used before entry to the checkpoint area, checkpoints will be self service but checkpoint staff will be available to deal with any issues, please move though the checkpoint as quickly as possible to avoid any congestion.

The following will be available at the checkpoint

- Cartons of Water
- Cartons of Ribena/Soft drinks
- Packaged chocolate
- Packaged sweets

Please ensure all rubbish is put in the provided black sacks at each checkpoint.

Finish

As you approach the finish area please have your SportIdent dibber ready, you will dib in at the finish and then the SportIdent dibber will be cut from your wrist by a member of the race team, hand sanitizer will be available,

please keep moving forward and pickup your medal and bottle of Café Ventoux beer, a member of the race team will be available should you require assistance, your finish time will published after the event, seating will be available but we ask that you return to your car as soon as possible after you finish.

Athlete Timing

You will be issued with a SportIdent dibber at registration which will be used to time you during the event, you will need to attach it to you wrist and you will be dibbed at the start and finish, you will be shown the procedure at registration. Full and individual results will be issued post event.

It is also important that you DO NOT LOSE the dibber, If a dibber is lost you will be charged a fee of £25 for the replacement of the device.

Route

The route will be signed, please review the route prior to arriving, route details can be found here at - <https://www.uphilldowndale.com/events/tugby-half-marathon/the-route>

GPX File of the full route

The route will be signed but if you do want to load the route onto your GPS device the file can be downloaded at - <https://www.uphilldowndale.com/events/tugby-half-marathon/the-route>

GPX files downloaded from other sources may be incorrect and may not download to your device correctly/completely so please ensure you have the correct GPX file loaded.

Crew/Supporters

To help us manage social distancing and reduce the impact on the local community we ask that you do not have crew or supporters.

Finish Bags

Please leave finish bags and anything you may require after the event in your car.

Retiring/Withdrawing from the Race

If you need or wish to withdraw from the race it is imperative that you notify the Up Hill Down Dale team by any means as soon as possible.

Race Brief

A digital race brief will be made available to you prior to the event, please take a minute to listen to it.

Rubbish

Do NOT litter the route, black sacks will be available at each checkpoint and the finish

Emergencies

If there is a serious emergency, you should call 999 first and then call the Up Hill Down Dale team to let them know the problem, if you intend to carry a mobile phone on the event you should store the following numbers in your phone.

Jonny Davies	Race Director	07540 186731
Kevin Hollings	Admin/Timing	07876 100104

Camping

There is NO camping at Race HQ

Showers

There are NO showers available at Race HQ.

Toilets

Toilets are available at Race HQ

Weather

You will be advised of the latest weather forecast at the race brief, please ensure you have suitable clothing for all weather conditions.

Medical Support

Up Hill Down Dale will provide medical cover for the event, if you have any medical issues please speak to the race team

Volunteers

Over the years we've been lucky enough to enjoy huge support from athletes volunteering at our events. If you fancy joining the team to help out at checkpoints/registration and earning yourself a FREE race entry please drop an email to mark@uphilldowndale.com with your contact details.

Race HQ/Registration/Start Location

Grid Ref - SK 76382 01189

What 3 Words Address - [///alongside.computer.chats](http://alongside.computer.chats)

Address – Café Ventoux, Tugby Orchards, Wood Lane, Tugby, Leicester, LE7 9WE

