



Charity no. 1062912



Charity no. 1062912

Findon Grand National 10km Trail Run

Thank you for entering this year's run, whether you deferred your entry from last year or entered this year, either way we appreciate it. The aim is simple - to get out there on the trails and enjoy a picturesque (albeit tough!) run. By entering, you have also helped the PTA at St John the Baptist school fundraise for the kids. Recently the PTA donated funds to the school to purchase some iPads and they now have plans to repair and maintain the village pool, this is based within school grounds and will be used by the whole community.

Format changes

The format for this year's event will be slightly different than originally planned for 2020 due to the current COVID restrictions. The key changes are:

- The event is now **spread over three days** on Grand National weekend.
- There is a **new simple route** which will be signed and mapped (to make sure no one gets lost!
- There **WILL NOT be any marshals** on the course; so please make sure you know where you're going **or download the RunGo app** which gives turn by turn route guidance.
- There are **no water stops** - you need to be self-sufficient.
- Timing will be done via Results Base using their **QRTag service**. This allows participants to **self-time with their mobile**. It's all done in real-time so you get a constantly updated leader board.
- You can start **anytime on Friday 9th, Saturday 10th or Sunday 11th April**. Just scan the QRTag with your phone at the start (The Square - BN14 0TE) and finish (Notice Board on Nepcote Green) and your result will be streamed live.
- There will be **no pre-race briefing** at the start, all information is online. **Race numbers will not be used** this year; runners will be identified via the QRTag or by name if being timed manually.
- All runners will receive a bespoke medal, these will be sent via post the following week.
- The childrens' races on Nepcote Green will unfortunately not be taking place.

You can run the course as many times as you like over the 3 days; and you will be able to upload a map of the course on your phone or just print off the detailed course details.

Manual Timing for people without smart phones

The Raw Running crew will be at the start/finish each day for a limited time and we can start you off / time you manually:

- **If you'd like us to time you, you'll need to go online and book a start slot.** We'll be at The Square in School Hill by The Village Green, BN14 0TE.
- **The following times/slots are available:** Friday 9th April 09:00 to 09:30hrs (30 slots), Saturday 10th April 09:30 to 10:00hrs (30 slots) and Sunday 11th April 09:30 to 10:00hrs (30 slots)
- Those timed manually can collect their medal at the finish, or alternatively it will be posted as above.

COVID-19 and Social Distancing Guidelines

We are now under the 'Rule of 6', so this means 6 people or two households can run together but **social distancing must be maintained**. To ensure that we fully comply with all guidelines and avoid the risk of any larger groups of people congregating please adhere to the following:

- If you are **self-timing** using the QRTag and running in a group, each person will need to scan the QRTag as codes are unique to individuals.
- Those running in a group and being **manually timed** must book start time slots as close together as possible and we'll try and get you all off in one go.
- Unfortunately, there are **no spectators** permitted this year, so please don't bring family or friends.
- Please bring your own handwash/sanitiser, there will be some available at the start / finish.
- If you are feeling unwell on the day, **please don't attend**.

Mobile app and additional route information

- Please download the free 'RunGo' app on your phone. Then search for the route, 'Findon' and you should see 'Findon 10km Grand National 2021 V3 1700 05/04/21'. This is the route which will guide you around the course. If you want to see the route on a computer this is the link: <https://routes.rungoapp.com/route/irsVBE9g0I> There is also a printed version of the course on the website here: <https://rawrunning.co.uk/wp-content/uploads/2021/04/Findon-Grand-National-Route-2021-V3.pdf>
- When you're approaching the finish on the run, make sure you stay on the road alongside Nepcote Green (DO NOT cut across the green) and when you're at the junction of Nepcote Lane, turn left and enter Nepcote Green by the Notice Board where the QRTag is posted. You'll see one of the crew at this location. Then head back to Dee Dee's in The Square and collect your free hot drink and flapjack

Safety advice

- Whilst this is a safe route, please make sure you plan your run particularly if running alone. You should carry a mobile phone and either scan the QRTag to start (so we know you're out there) and then again at the finish so we know you're back.
- Alternatively, 'book in' to the Race Director if you're planning on turning up and starting when the crew are there.
- The emergency contact number for the race crew is 07414 859984.
- Consider downloading the 'what3words' app, which is a location tool to trace exactly where people are in an emergency. (*Every 3 metre square of the world has been given a unique combination of three words*) <https://what3words.com/products/what3words-app/>

Refreshments and toilets

Thanks to the girls at Dee Dee's Café near The Square, **all runners will get a free tea or coffee and homemade flapjack**. Please make sure you queue responsibly at the Café and maintain social distancing for Daisy and her team. The Café is open Friday 9am to 4pm, Saturday 9am to 3pm and closed Sunday. They are also open on Monday though, so if you run on Sunday and are local you can drop by on Monday and they'll look after you.

There are no toilets in Findon Village(!) and due to COVID hygiene considerations we felt it was safer to not have Porta-loos this year. The nearest toilets therefore are at Findon Valley, A24 Findon Road, junction with Lime Tree Avenue / Coombe Rise near the library (BN14 0DH)

Parking

Please be conscious about where you park; no parking on grass verges or across driveways or anywhere that causes an obstruction. There is plenty of parking around nearby roads and with the school on their Easter holiday, there won't be a school drop off/pick up to worry about.

That's all the official stuff, enjoy your run and on behalf of the PTA at St John the Baptist School, Findon, thanks for making a difference to the schools fundraising – we appreciate it.