

Hardmoors Ltd Hardmoors 160 and 110 Risk Assessment 22nd – 24th May 2020

Description of activity:

Hardmoors 160 is a 160-mile race and 110 is a 110-mile event which takes place in May. They are both competitive races. The competitors in the 160 run from Sutton Bank to Filey, following the Tabular Hills for the most part, then they join the 110 runners who follow the Cleveland Way from Filey to Helmsley. Participants have 36 hours in which to complete the 110 and 50 hours for the 160

General Considerations

All participants are asked to carry a route description and map of the course. The route description states where there are road crossings and to beware.

In May the weather conditions are unlikely to be icy or snowy, but could be windy or rainy.

Runners in the 160-mile race are required to have a support crew who are there to look after their runners and pick them up if they retire.

110 runners may have support or if they meet the strict qualifiers, may run unsupported.

It is a requirement that all participants carry the following mandatory equipment:

- Hat (Hat must not just be a Buff) and Gloves.
- Waterproof Jacket (Must have Taped Seams and a Hood)
- Full running tights (Tracksters & 3/4 tights permitted).
- Minimum of 1 litre water/sports drink t (to start the race with, you are allowed to use this).
- Headtorch/Torch with spare batteries
- Cleveland Way Map or OS Maps (Not just GPS)
- Whistle
- Survival Bag (Bag not just Blanket) or a Blizzard Survival Jacket <http://www.blizzardsurvival.com/article.php/9/blizzard-survival-jacket>
- Emergency food supply (chocolate/energy bar).
- SPARE WARM LAYER can be a Lightweight fleece eg microfleece/Polartec etc or Merino Wool base layer or Primaloft jacket/down jacket
- A fully charged Mobile phone (to be kept on at all times).

To ensure all participants pass through certain points and so that they can be accounted for, there are checkpoints as follows:

W = WATER F = FOOD HD = HOT DRINKS DB = DROP BAGS

160 Checkpoints

Checkpoint 1 White Horse Carpark 513 811 Postcode YO61 4AL - 1.5miles

Checkpoint 2 Helmsley Town Square 612 838 Postcode YO62 5BL - 10miles W/F

Checkpoint 3 Fadmoor 676 893 Postcode YO62 7HY - 2 0miles W/F

Checkpoint 4 Stape 797 921 Postcode YO18 8JA - 33miles W/F

Checkpoint 5 Hole of Horcum Carpark 852 936 Postcode YO18 7NR - 42miles W/F

Checkpoint 6 Cockmoor Hall 914 868 Postcode YO13 9PR - 50miles W/F

Checkpoint 7 Crookness 025 935 Postcode YO13 0HX - 61miles W/F

Checkpoint 8 Ravenscar Village Hall 981 010 Postcode YO13 0LZ - 70miles W/F/HD

Checkpoint 9 Robin Hoods Bay carpark 950 054 Postcode YO22 4RA - 74miles W/F

Checkpoint 10 Sandsend Carpark 860 128 Postcode Y21 3TG - 84miles W/F

Checkpoint 11 Runswick Bay (upper carpark) 807 161 Postcode TS13 5HU - 89miles W/F

Checkpoint 12 Saltburn Carpark 667 216 Postcode TS12 1HQ - 101miles W/F

Checkpoint 13 Roseberry Topping 578 126 - 111miles

Checkpoint 14 Kildale Village Hall 605 093 Postcode YO21 2RG - 116miles W/F/HD

Checkpoint 15 Clay Bank 571 034 - 127miles W/F

Checkpoint 16 Kirby Bank 544 033 - 129miles

Checkpoint 17 Lord Stones 526 031 Postcode TS9 7JH - 130miles W/F

Checkpoint 18 Osmotherley Square Corner 479 959 Postcode DL6 3QB - 139miles W/F

Checkpoint 19 White Horse Carpark 513 811 Postcode YO61 4AL 152miles W/F

Finish Helmsley Sports Club 610 843 Postcode YO62 5BH - 160miles

110 Checkpoints

Checkpoint 1 Osgodby (Cayton Bay) 067 846 Postcode YO11 3HN - 5miles

Checkpoint 2 Scarborough Holbeck Hill Carpark* 049 867 Postcode YO11 2XD - 7.7miles W/F

Checkpoint 3 Ravenscar Village Hall 981 010 Postcode YO13 0LZ - 22miles W/F/HD/DB

Checkpoint 4 Robin Hoods Bay carpark 950 054 Postcode YO22 4RA - 26miles W/F

Checkpoint 5 Sandsend Carpark 860 128 Postcode Y21 3TG - 36miles W/F

Checkpoint 6 Runswick Bay (upper carpark) 807 161 Postcode TS13 5HU - 41miles W/F

Checkpoint 7 Saltburn Carpark 667 216 Postcode TS12 1HQ - 53miles W/F

Checkpoint 8 Roseberry Topping 578 126 - 63miles

Checkpoint 9 Kildale Village Hall 605 093 Postcode YO21 2RG - 68miles W/F/HD/DB

Checkpoint 10 Bloworth Crossing 617 015 Postcode YO66 - 75miles

Checkpoint 11 Clay Bank 571 034 - 79miles W/F

Checkpoint 12 Lord Stones 526 031 Postcode TS9 7JH - 81miles W/F

Checkpoint 13 Osmotherley Square Corner 479 959 Postcode DL6 3QB - 90miles W/F/DB

Checkpoint 14 White Horse Car Park(Sutton Bank) 518 812 102miles W/F

Finish Helmsley Sports Club 610 843 Postcode YO62 5BH 112 miles

All participants are issued with a race number and this number is recorded at each checkpoint. If a participant has to retire, they are required to do so only at a manned checkpoint where their race number is retained by the marshal and the information is communicated to race HQ. The participant is then transported by a marshal to the race finish, or taken home by their support crew.

There is a team of sweepers who travel on foot behind the participants to ensure everyone is accounted for and if anyone is injured, the sweeper can assist or call for assistance.

After the last participant and sweeper has passed through the checkpoint, the race numbers will be cross referenced to ensure all people are accounted for and any information regarding withdrawals relayed to the next checkpoint, either directly or via Race HQ.

Checkpoints will offer food and drink to supplement participants own provisions. This to avoid participant failing to have enough fuel to complete an event of this distance.

Race paramedic to be in attendance with mobile ambulance which can be used to treat and take care of competitors as well as extracting them from the course where necessary.

Some checkpoints will have qualified first aiders in attendance. Qualification: ITC Level 3 Award in Outdoor First Aid Emergency Action. This to be determined each year but both Race Directors have the qualification as do 8 marshalls.

Time cut-offs are in place to ensure participants finish within the time allowed for the whole event. These are :

160

HELMSLEY TOWN SQUARE - 10 miles - 1930hrs (Fri) - (time given 2.5hrs)

RAVENSCAR VILLAGE HALL - 70 miles - 1500hrs (Sat) - (time given 21hrs)

SALTBURN - 101 miles - 0000hrs - (time given 31hrs)

KILDALE VILLAGE HALL - 116 miles - 0500hrs (Sun) - (time given 36hrs)

OSMOTHERLEY SQUARE CORNER - 139 miles 1200 (Sun) - (time given 43hrs)

HELMSLEY SPORTS HALL -160 miles 1900 hrs (Sun) - (time given 50hrs) Participants are told that they have to respect the decision of all race marshalls and if a marshal decides that a participant is not fit or able enough to continue, they must retire for their own safety.

110

RAVENSCAR VILLAGE HALL (22miles) - 1400hrs (time given - 6hrs)

SALTBURN CARPARK (53miles) - 0000hrs (time given - 16 hrs)

KILDALE VILLAGE HALL (68miles) - 0500hrs (time given - 21hrs)

OSMOTHERLEY SQUARE CORNER (90miles) - 1300hrs (time given - 29hrs)

HELMSLEY SPORTS CLUB (112miles) - 2000hrs (time given -36hrs)

Specific Considerations

Road crossings along the full route too many to name individually

Risk: Runners cross main roads with fast flowing traffic

Action: Marshalls at road crossing to stop runners if cars approach

Risk rating: Medium – runners to be aware of traffic as none of the points are traffic free

Finish of race

Risk: Runners will be tired by the time they reach Helmsley and could be finishing in the dark. Some will finish in the day time when the traffic is busier but at night the traffic will be less, but visibility may be impaired.

Action: Marshalls to be at final road crossing to guide participants

Risk rating: Low. Runners will not be going fast at this stage

SJ Steele 21/01/2020