

Risk Assessment – Hardmoors 110/200 17th – 19th May 2024

Description of activity:

Hardmoors 200 is a 200- mile race and 110 is a 112-mile event which takes place in May. The 110 has been running since 2008. They are both competitive races. The competitors in the 200 run from Hull to Filey, following the Wolds Way 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 60 hours for the 200.

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 200-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.

What are the hazards?	Who might be harmed and how	Evaluate the risks. What are you already doing?	What further action is necessary?	Action By Whom ?	Action By When?	Complete Y/N (Date)
Trip Hazards on Trails	Participants travel over rough, uneven ground and could trip	The course is entirely over public footpaths and public rights of way. There is the possibility that participants may injure themselves, especially by tripping, however all participants are aware of the risk.	Action: 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.	FA	Race Day	
Bad Weather (Cold/wet)	Participants and Marshals. Possibility of hypothermia	A compulsory kit is required for completing the course. Hat and Gloves Waterproof Jacket with taped seams Minimum of 1 litre water/sports drink Headtorch/Torch Spare Batteries Cleveland Way Map or OS Maps Whistle Survival Bag (bag, not just blanket)	This will be checked by the organisers but is the responsibility of the entrant. Entry is dependent on participants accepting they are carrying the required kit.	PA/MA	Race Day	

		Mobile phone with Race Directors number stored in phone (0330 223 6350) Emergency food supply (chocolate/energy bar)				
Members of the Public on the course	Participants and Members of the public could collide on narrow trails	Participants will be sharing footpaths with members of the public. It should not be assumed that walkers will stand aside for runners. When passing a member of the public, runners will be reminded in the pre-race brief, to do so safely and courteously.	Participants must respect other users of the course and adhere to any socially distancing rules in force when passing members of the public. No overtaking on narrow tracks is allowed, the slower runner will be expected to stand aside to let quicker runners through as soon as they are safely able to.	PA	Race Day	
Livestock	Participants could come into contact with livestock that could become aggressive if with young	Some fields may contain livestock. Where possible the Race Director will advise landowners/farmers of the event so that they can move the livestock if they wish. However, some may remain.	Participants will be advised in the pre-race brief which will be sent to them the week prior to the event and repeated on the day. If livestock is encountered, especially cows with calves who could be protective, they should proceed with caution at their own risk. No-one is to run with a dog.	RD/PA	Race Day	
Road Crossings	Participants could be hit by traffic travelling in both directions with limited vision at some points	The start is at 08.00 on Fri 17th for the 200 mile race and 8am for the 110 mile race on Sat 18th May. This is the only time there will be large numbers of people running at once. After a short distance the runners will be very spread out. At all major road crossings there is a risk of traffic which is highlighted on the route description that runners will be carrying.	The Hardmoors 200 participants will be started in the Victoria Dock village hall car park in Hull which is a very quiet street. 110 participants will start on a large area of grass where no traffic goes. Risk rating: low. Action: Runner will receive a pre race email which mentions the need to take care at road crossings. This	RD MA	Race Day	

			<p>is reiterated in the race brief on the morning of the race.</p> <p>Marshalls will be in place at road junctions to stop the runner from crossing. The traffic is not expected to stop for runners, so no warning signs need to be placed on the highway.</p> <p>Risk Rating: Low</p>			
Checkpoints /Hydration/ Nutrition	Participants could become dehydrated or exhausted	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 length	Participants will be advised of the locations of the checkpoints in the race brief.	MA/PA	Race Day	
Participants falling behind due to illness or lack of fitness	If unaccounted for, participants could become ill with exhaustion or more prone to injury	<p>All participants are issued with a race number and this number is recorded at each checkpoint.</p> <p>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 marshall and the information is communicated to race HQ. The participant is then transported by a marshall to the race finish.</p> <p>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.</p> <p>Time cut-offs are in place at each checkpoint to ensure participants can complete the course in a reasonable time. Failure to meet these times will result in the participant being withdrawn.</p>	<p>On race day all participants will be fully briefed on the measures in place.</p> <p>Emphasis will be placed on the decisions of the marshals or sweepers on a participant's fitness to carry on must be respected and complied with.</p> <p>Following these is a condition of taking part in the race.</p> <p>Failure to follow these and all other measures in place will result in a participant's disqualification.</p>	ALL	Race Day	

		<p>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.</p> <p>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.</p>				
Specific considerations Start of race	Runners go from Victoria Dock Village Hall along a minor road through a housing estate to get to the trail	Action: 2 marshalls at road crossing to stop runners if cars approach Risk rating: Low. Cars are not expected to stop for runners		MA	Race day	
Finish of race	Runners will be tired by the time they reach Helmsley and could be finishing in the dark	Some will finish in the daytime when the traffic is busier but at night the traffic will be less, but visibility may be impaired. Risk rating: Low. Runners will not be going fast at this stage	Marshalls to be at final road crossing to guide participants but not stop cars			

28/11/2023

Key

PA = Participant

FA = First Aider

MA = Marshals

RD = Race Director

SO = Safety Officer

SW = Sweepers