

Hardmoors Ltd Hardmoors 30/15 Risk Assessment 1st January 2020

Description of activity:

Hardmoors 30 is a 30-mile event which takes place on January 1st each year. First organised in 2011, this is a competitive race in which participants run from Robin Hood's Bay to Whitby, then Robin Hood's Bay to Hayburn Wyke, via Ravenscar, following mainly the Cleveland Way and the old railway track. Participants have 9 hours in which to complete the event.

Hardmoors 15 is a 15-mile event which takes place on January 1st each year. First organised in 2012, this is a competitive event which also allows walkers to complete in the given time. It runs from Robin Hood's Bay to Whitby and back, following the old railway track and the Cleveland Way. Participants have 7 hours in which to complete the event.

General Considerations

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

In January the weather conditions are highly likely to be icy or snowy, as well as windy, rainy or hailstones.

Mandatory equipment and requirements

- Hat and Gloves.
- Waterproof Jacket with taped seams.
- Minimum of 500 ml water/sports drink to be carried.
- Headtorch/Torch.
- Whistle.
- Emergency food supply (chocolate/energy bar).

For the Hardmoors 15 the mandatory kit requirements are:

- Hat and gloves
- Waterproof jacket
- Whistle

Recommended kit

- Map and route description
- Mobile phone.
- Spare Gloves.
- Buff or similar.
- GPS.
- Full leg cover (eg running tights)

To ensure all participants pass through certain points and so that they can be accounted for, there are 6 checkpoints as follows:

Start: Robin Hoods Bay OS 952 055

Checkpoint 1: Whitby OS 890 107

Checkpoint 2: Robin Hoods Bay OS 952 055

Checkpoint 3: Ravenscar

Checkpoint 4: Hayburn Wyke OS 0086 9678

Checkpoint 5: Ravenscar

Checkpoint 6: Robin Hoods Bay

Finish: Robin Hoods Bay OS 952 055

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 9-hour event.

There will be an Emergency First aid responder in attendance.

There are no time cut-offs in place at checkpoints, however, 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.

Specific Considerations

1. Start of race on Station Road in Robin Hood's Bay.

Risk: traffic travelling along both directions of road.

Action: Participants will be started in the car park and marshalls will temporarily stop traffic. Signs will be placed in the road to warn drivers of the race.

Risk rating: small. This is at 9.30 on New Year's Day and the road is a very minor one so traffic flow is extremely minimal

2. Road Crossing at end of Station Road

Risk: Traffic travelling in both directions of road

Action: Route description mentions road crossing and there will be marshalls to ensure the crossing is clear. Runners will be stopped until the way is clear

Risk rating: small. The Cleveland Way National route crosses the road at this point and does so without warnings.

3. Two road crossings before reaching Whitby.

Risk: Traffic travelling in both directions of road.

Action: Route description mentions road crossings, and there is a pelican crossing.

Risk Rating: Small. Competitors warned in race briefing to take care and by this stage runners will be more spread out so there will never be more than a few people crossing the road at any time.

4. Road crossings, junctions and pedestrians in Whitby town centre.

Risk: Traffic travelling in both directions and people obstructing the path.

Action: Route description mentions roads. Runners warned to take care and be polite to other users of the pavement.

Risk Rating: Small. The Cleveland Way National route joins the road at the bridge. By this stage competitors will be very strung out and will run on the pavement so the risk is minimal.

5. Navigating cliff paths

Risk: Slipping in mud.

Action: Runners warned to take care.

Risk Rating: Small. The Cleveland Way National route follows this path so there is a distinct path to follow.

6. Navigating Robin Hood's Bay

Risk: Cars in village

Action: Route description mentions roads.

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors very strung out at this point so risk is minimal

7. Navigating Ravenscar

Risk: Cars in village

Action: Route description mentions roads. Marshalls to show participants the way

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors very strung out at this point so risk is minimal

8. Navigating cliff paths from Hayburn Wyke to Ravenscar

Risk: Slipping in mud

Action: Runners warned to take care

Risk rating: small