

Hardmoors Ltd Hardmoors 55 Risk Assessment Saturday 28th March 2020

Description of activity:

Hardmoors 55 is a 54-mile event which takes place in March each year. First organised in 2010, this is a competitive race in which participants run either from Helmsley to Guisborough, or Guisborough to Helmsley, following mainly the Cleveland Way. Participants have 16 hours in which to complete the event.

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 March the weather conditions are highly likely to be icy or snowy and could also be windy or rainy.

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

You must carry all the items for the full race, anyone caught without full kit will be disqualified!

- Rucksack or Bumbag.
- ID (Driving Licence, Passport etc)
- Hat (Hat must not just be a Buff) and Gloves.
- Spare gloves
- Waterproof Jacket (Must have Taped Seams and a Hood)
- Waterproof trousers.
- 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 (check your batteries or carry spare just in case).
- 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).

* If your Merino top is worn to start the race in then you will need to carry a Spare Warm Layer top in your bag

To ensure all participants pass through certain points and so that they can be accounted for, there are 9 checkpoints as follows:

- **Race Start** Guisborough Sea Cadets
- **Checkpoint 1** Roseberry Topping (OS 578 126)
- **Checkpoint 2** Roseberry Lane W/F
- **Checkpoint 3** Roseberry Topping (OS 578 126)
- **Checkpoint 4** Kildale Village Hall (OS 606 093) W/H/F/DB
- **Checkpoint 5** Clay Bank W/F (OS 571 033)
- **Checkpoint 6** Scugdale W/F
- **Checkpoint 7** Osmotherley Village Hall W/H/F/DB
- **Checkpoint 8** Sneck Yate Bank W/F
- **Checkpoint 9** White Horse (Sutton Bank) (OS 518 812)

All checkpoints are on Hardmoors 55 route/Cleveland Way, if you follow the route you will not miss them.

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 marshall and the information is communicated to race HQ. The participant is then transported by a marshall 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 16-hour event.

Race medical team 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.

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

- KILDALE (10 miles). - **1200** (4hrs)
- OSMOTHERLEY (31 miles) - **1800** (10hrs)
- WHITE HORSE (43 miles) - **2130** (13.30hrs)
- HELMSLEY/FINISH (53 miles) - **00:00** (16hrs)

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

Start of race on Belmangate in Guisborough.

Risk: traffic travelling along both directions of road.

Action: Signs will be placed in the road to warn drivers of the race and marshalls will be there to temporarily halt the traffic

Risk rating: Medium. Runners will be in one large group but all will be gone within 5 minutes.

Roseberry Topping stones could be wet and slippery

Risk: falling down on the path

Action: Marshall at gate and at top of Roseberry Topping to make sure all runners are ok

Risk rating: small. Runners warned to take care

Runners go along road in Kildale village

Risk: traffic driving through village

Action: marshall to be outside village hall

Risk rating: Small – runners more spread out at this point and warned to be careful of traffic in email and race info

Road crossing at Clay Bank

Risk: Runners cross main road with fast flowing traffic

Action: 2 marshalls at road crossing to stop runners if cars approach

Risk rating: Medium – runners to be aware of traffic as this point is not traffic free

Runners pass through the Wainstones

Risk: falling whilst climbing through rocks

Action: Marshall at top of stones to ensure everyone is ok

Risk rating: small

Road crossing at Scugdale

Risk: Runners cross minor road

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

Risk rating: Small – runners to be aware of traffic as this point is not traffic free

2 x Road crossings in Osmotherley

Risk: Runners cross minor road

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

Risk rating: Small – runners to be aware of traffic as this point is not traffic free

Road crossing at Sneck Yate

Risk: Runners cross minor road

Action: 2 marshalls at road crossing to stop runners if cars approach

Risk rating: Small – runners to be aware of traffic as this point is not traffic free

Road crossing near Sutton Bank Visitor Centre

Risk: Runners cross main road with fast flowing traffic

Action: 2 marshalls at road crossing to stop runners if cars approach

Risk rating: Medium – runners to be aware of traffic as this point is not traffic free

Car park at White Horse

Risk: Runners pass through car park where members of the public could be

Action: 3 marshalls (or more) to support runners and warn of traffic

Risk rating: minimal – this is comparatively early in the morning and runners will be spread out at this point

Road crossing near Hambleton Inn

Risk: Runners cross main road with fast flowing traffic

Action: 2 marshalls at road crossing to stop runners if cars approach

Risk rating: Medium – runners to be aware of traffic as this point is not traffic free

Finish of race

Risk: Runners go through Helmsley and cross a main road

Action: 2 marshalls at road crossing to stop runners if cars approach

Risk rating: Medium – runners to be aware of traffic as this point is not traffic free

SJ Steele 21/01/2020