

Hardmoors Ltd Hardwolds 80 Risk Assessment 21st and 22nd November 2020

Description of activity:

Hardwolds 80 is an 80-mile race which takes place in November. This is a competitive off-road footrace. The competitors run from Hessle to Filey, following the Wolds Way for the most part. Participants have 24 hours in which to complete the race.

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 November the weather conditions could be icy or snowy, with strong winds or rain.

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

- 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 (to start the race with, you are allowed to use this).
- Headtorch/Torch (check your batteries or carry spare just in case).
- Wolds Way Map or OS Maps (Not just GPS)
- Whistle.
- Survival Bag (Bag not just Blanket) or a 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
- * Water resistant/wind-proof jackets are not waterproof and will not pass kit check.

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

Start: Hessle

Checkpoint 1: Brantingham (nr Church) 10 miles CUT OFF 1030 (2.5hrs) W F

Checkpoint 2: Arras Wold (nr 1079) 20 miles W F

Checkpoint 3: Millington Village Hall 33 miles CUT OFF 1700 (9hrs) W F HD DB

Checkpoint 4: Thixendale Village Hall 44 miles **NEW** W F HD

Checkpoint 5: Settrington Beacon 54 miles **NEW** W F

Checkpoint 6: Ganton Village Hall 67 miles CUT OFF 0330 (19.30hrs) **NEW** W F HD DB

Checkpoint 7: Flixton Wold 72 miles W F

Checkpoint 8: Filey Brigg 80 miles CUT OFF 0745 (23.45hrs)

Finish: Filey Seacadets 81 miles CUT OFF 0800 (24hrs)

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.

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

Risk: Runners go through the village of North Ferriby along a minor road

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

Risk rating: Low– at 8am there will not be a lot of traffic

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 Filey 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

Nearest Hospitals:

- Hull Royal Infirmary, Anlaby Road, Hull HU3 2JZ
- York Hospital, Wigginton Rd, York YO31 8HE
- Scarborough General Hospital, Woodlands Dr, Scarborough YO12 6QL

SJ Steele 21/01/2020