Thursday, 12 November 2026

Risk Assessment – Sutton Bank Sizzler Night Race Saturday 30th October 2027
Address: Sutton Bank Visitor Centre Sutton Bank, Thirsk YO7 2EH
Time 19.00 – 22.00
Distance: 8 miles (3 hour time limit)

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 First Aid Provider 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/ windy)	Participants and Marshals Possibility of hypothermia If windy there is the possibility of trees falling	A compulsory kit is required for completing the course. Route Description&/or Map Waterproof jacket with taped seams Hat & Gloves Capacity to carry 500ml of fluid Survival Bag If extreme wind is forecast, due to the event taking place in a forested area, the event may need to be postponed to a safer date	This will not 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	
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. In general members of the public will stand aside to let runners though. However, this is not a right and should not be assumed. 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.	PA	Race Day	

		This race is in the evening so the likelihood of other users of the paths is low				
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. Marshalls will be placed on strategic gates	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 dogs are allowed to race All gates MUST be closed after each runner has passed through to avoid livestock wandering across fields and moors	RD/PA MA	Race Day	
Road Crossings	Participants could be hit by traffic travelling in both directions with limited vision at some points	At all major road crossings there is a risk of traffic	Participants will be started on the private road. Signs will be placed in the road to warn drivers of the race. Risk rating: low. Action: Marshalls in place to stop the runner from crossing if traffic is approaching. It is NOT expected that the cars should wait for runners. Risk Rating: Low	RD MA	Race Day	
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	If unaccounted for,	All participants are issued with a race number and this number is recorded at each checkpoint.	On race day all participants will be fully briefed on the measures in place.	ALL	Race Day	

to illness or lack of fitness	participants could become ill with exhaustion or more prone to injury	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. 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. Time cut-offs are in place at strategic checkpoints to ensure participants can complete the course in a reasonable time. Failure to meet these times will result in the participant being withdrawn. 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. 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.	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. Following these is a condition of taking part in the race. Failure to follow these and all other measures in place will result in a participant's disqualification.			
Specifics for Sutton Bank Visitor Centre	At the start of the race runners are on a very	Runners are warned to take extra care until on the path	Marshalls will be placed where there are potentially dangerous points			

	short section of road Lack of visibility as this race is conducted at night	Runners are mandated to wear headtorches and the course is marked with glow sticks	Risk: Low. These roads are very quiet, especially on a Saturday evening First Aiders to be on hand around the course			

Key

PA = Participant
FA = First Aider
MA = Marshals
RD = Race Director
SO = Safety Officer
SW = Sweepers