

RUN TO THE SEA – OCTOBER 10TH

FAQ'S – COVID-19 ARRANGEMENTS

Is the event going ahead?

Yes, the event will be going ahead in an adapted format so that it can be safe for runners & volunteers.

Will it be safe?

Yes, various measures will be in place to allow social distancing and appropriate hygiene.

What if government guidance changes?

We will be monitoring the guidance and will act responsibly in accordance with any tightening or loosening. It is possible that the guidance will tighten from the current status and that the event may not be possible. If so, we will give as much notice as possible.

If the event is postponed, what are my options?

Your entry will automatically be carried over to the new date or you can opt to swap your entry to any other future UltraViolet event

I'm anxious about taking part, what can I do?

We completely understand anxiety that you may feel about taking part in an event at this time, and we don't wish for runners to feel pressured. Be assured that we would only consider going ahead with the event if we were confident that it can be safe for all concerned. If you have entered but would rather not run, let us know more than 4 weeks before race day and we will defer your entry to the 2021 RTTS event, or another UltraViolet event.

How do I get my race number?

To avoid any 'gatherings' on race day, all packs will be posted out in advance. You should receive yours by the Wednesday pre-race.

Do I need to bring anything?

Please arrive in kit, race number pinned on and ready to go. We strongly suggest you prepare, pack and label any nutritional items you would like to be taken to checkpoints around the course.

Can I use the toilets?

Yes, race toilets are available. Please queue responsibly and use the hand sanitiser available.

I booked a seat on the bus – how will that work?

We are currently working with the bus company to see how best to manage this with the current restrictions. Anyone who has booked the bus will be sent details as soon as this has been finalised.

What time is the start?

Start times will be staggered between 07:00 & 09:00. Details on how this will be managed will be sent to you

How does the start work?

You will be started in small groups of runners (depending on government guidelines) at pre-set intervals from 07:00-09:00. These groups will be formed in a number of 'starting boxes' near the start line. The start area is in a wide-open space to allow everyone to keep at social distances. You will be given your pre-set time slot before race day.

Can I run with friends?

Yes, you can plan to start with friends. Details on how to book your time slot will be sent out to you.

Will the route allow social distancing?

Yes. Given the time of the day you'll be starting, width of paths, pavements and trails, the number of runners, etc, you will be able to maintain appropriate distancing. At times, runners will need to be mindful of others and adhere to proper etiquette; there are some narrower paths for example, so please be patient and only overtake when suitable. It is your responsibility to maintain social distancing whilst out on the course.

How do I leave my own nutrition to be taken to checkpoints around the course?

We strongly suggest that ALL runners take up this option! All you need to do is to prepare your nutrition in advance - we suggest using a sandwich bag that can be sealed - and make sure that it's clearly labelled with your **race number** and the **number of the checkpoint** you'd like it taken to. You will be given clear instructions before race day on how to manage this.

How will the checkpoints work?

Your chip will register your arrival at each checkpoint. There will be hand-sanitisers for you to use on arrival and before you leave each checkpoint.

There will be tables of the food items we provide. There will also be a table of runner's own personal nutrition, which will have been delivered to the feed-station. All of the items will be presented on tables for you to pick up and will have been touched only by gloved hands – help yourself and then please quickly move clear of the tables to give others the chance as well.

There will be water containers available to you to refill your bottles, and flat cola. Remember that we are plastic cup free at the feed-stations & finish, therefore you will need your own cup (we have some UltraViolet silicone squashable cups available to purchase if you don't have one – please go to your confirmation email, follow the 'edit your entry' link to order one.

You must use the hand sanitiser & anti-bac wipes available when touching any items that will also be touched by others.

What happens at the finish?

Your finish time is recorded as you cross the finish line. Rather than being warmly hugged by our team and presented with your finisher medal, you will need to collect it from the finish line marquee.

What about results & prizes?

Your time will be published online as soon as you finish, but winner results will need to be verified due to the varying start times. Prizes will be presented on the day if possible, the remainder will be posted out.