Orchard Time Trial

Final instructions for runners.

Thank you for attending the Forest of Dean AC’s Orchard Time Trial event. To avoid you gathering in a crowd, there will not be a verbal race briefing on the night. Please treat this as your race brief.

Race start time: **THURSDAY, 17 JUNE 2021 AT 19:00**

Venue:

Little Peterstow Orchards,
Peterstow
Ross
Herefordshire
HR9 6LG

Covid measures. You will be outside at all times, but please consider there will still be a small, but real risk of transmission. Come with a facemask and be prepared to use it, if you have for any reason come in close contact with anyone. There will be sanitising handgel at registration, but again it is recommended you bring your own small bottle, so you are self sufficient. Be aware of the risks and try to keep a 2 metre distance from others.

We ask you to time your arrival at the start to minimise the need to stand around. Ideally you will park up, do a brief warm up in the car park area, walk to the number/chip give out, proceed to the start and then set off on your run.

We have chip to chip timing so your actual running time is from the time you cross the equipment at the start to the finish mats.

Directions: From Ross: Take A49 north. After approx. 2 miles turn left at Red Lion pub, after Peterstow. Follow to next junction (200-300 metres) and turn right. You will see race signs to car parking.

Parking: Please follow signs to the car park and follow marshal instructions.

The course is all off road, mainly on grass, and will take you up and down a few orchard rows, as well as around some field perimeters. It will be ‘about’ 5miles and is ‘flatish’. There is also a water feature in the last ½ mile. This will involve you getting wet and muddy feet. If you slip over, it will involve a wet and muddy body! Take care and make sure your laces are done up, otherwise you might lose a shoe..

At the number/chip give out point, please join the socially distanced queue to collect your race number – after giving your name your race number will be placed on a table, when the helper retreats come forward to take it. Near the table you will find sterilization equipment to use if you wish. Pins are available but it would help if you could bring your own.

Once you’ve got your number firmly attached to the front of your chest please walk to the distanced start queue.

Please arrive ready to run. Please do not try to peel off your chip on the back of the race number or bend it. No chip/broken chip = no result.

The distanced queue for the start is 20m from the actual start. A marshal will call you forward one at a time and the starter will process your start individually at the start point. We will endeavour to set runners off at 10-20 second intervals.

If at all possible, try to start/stop your watch after you have crossed the line and not as you cross. Sometimes hands and watches across a chest inhibit the radio signal between the finish mats and your chip - and the backup timing video won’t see your number if your hands are hiding it.

Toilets: There are facilities available near start and finish area. There will be wipes, sanitiser spray and hand gel for you to use – please use these before and after you use the toilet.

At the finish there will be water and the chance to take a hot drink and a slice of cake. Please do not group or congregate here. Make your way back to your car as soon as you can.

Results will appear on our website later in the day or early the next day.

There will be no prize presentation but we will endeavour to distribute prizes in our usual categories after the event.

Any queries call Dan: 07775 508753