

# Rutland Spring Half Marathon Runners Event Guide 2021



## 11/04/2021 Runners

### Welcome back.

A half marathon is always an amazing achievement.

We've always enjoyed the opportunity to share such a personal achievement with you.

With the year we've all had the challenge somehow seems a little bigger.

Things are still not how we wanted them to be but we're thankful for what we do have.

We're delighted to be open for the opportunity.

The event will be a little different as Covid secure measures will still be in place, but the tentative steps towards a 'normal event' are very much in place and for that we are celebrating.

This year is about claiming back what is ours.

Come and enjoy the event, collect a lovely medal, experience the small steps back into racing and move back towards those collective experiences we all love.

We cannot wait to welcome you to Rutland for the 2021 edition of the event.

Paul Cowling  
Race Director



**If you have had symptoms of Covid-19 in the 14 days prior to the event you must not attend. Please continue to follow the government guidelines**

#### **Covid-19 free lateral flow testing**

The expansion of testing identifies more positive cases, reduces the spread of the virus, and protects those who cannot work from home and our vital services. Broadening testing to identify those showing no symptoms will mean finding positive cases more quickly and break chains of transmission. The Government estimates that around 1 in 3 people who are infected with Covid 19 have no symptoms so could be spreading the disease without knowing it. You are strongly recommended to please obtain a test in advance of attending the Event.

Rutland County Council has established a testing center at Unit 18, Oakham Enterprise Park, Oakham LE15 7TU which is able to complete rapid asymptomatic testing, also known as lateral flow testing. It is a fast and free way for people without symptoms (asymptomatic) of COVID-19 to find out if they have the virus. Test appointments can be booked at the following link: <https://rutland.force.com/customer/s/lft> . Thank you” .

## **What's new in 2021?**

### **Parking at Whitwell only**

There is no parking available at Barnsdale.

### **NEW Socially distanced start procedure -**

We will require a very different start procedure to previous years.

We will send your race number and timing chip in the post.

We will allocate a time to leave your car at Whitwell.

The times will be based on your predicted finish times. There's lots of variables we cannot control and trying to hold you at the start line until a theoretical start time will create more problems than it solves.

That's why the time will be when you leave your vehicle rather than when you start your race.

Please arrive at the car park in plenty of time and **wait in your vehicle** for your go time.

Once it's your time, leave your vehicle and make your way directly to the race start.

If there's a group of people doing exactly the same as you, please hang back and spread out. There is no mad rush, just make your way there sensibly and safely.

(Obviously attend to calls from nature if required) there are no toilets in Barnsdale they are all in the car park as you leave the Whitwell site. Use these before going to the start line.

When you arrive at the start line simply run over it and start your race.

**Feed stations** – self serve and if you can, **please be self-sufficient**. We need to keep contact points to a minimum. There will be plenty available for everyone. We have water bottles so you can carry them with you and avoid any cross contamination.

If you can bring a bottle to carry or wear a camel back that would be amazing but is not compulsory.

Feed stations will be located at miles 3, 6.5 and mile 10.

**Timing chips and race bibs** – will be sent to you prior to the event. Please don't forget your race number. You need it to run.

**Medal presentations**- unfortunately a little less personal but you'll still get your lovely bling. We can't place them around your neck or celebrate your achievement how we would like but it's a temporary blip. Everyone who wants a hug in 2022 will get one!

**Medical assistance**- Still thorough, professional and eager to assist. They might be wearing some odd PPE but they'll look after you all the same. They'll be covid secure so please don't hesitate to use their service if you need them.

**Entering and exiting the site.** – contactless but seamless for our runners. We will send a parking exit ticket in advance of the event so you can exit without paying.

**Hand washing stations** – located around the site and free to all. Gallons of hand gel available to anyone who needs it.

**Bag drop** – unfortunately there's no bag drop this year.

**The event site** – will look very different this year. We won't have stall holders or caterers. The area will be dominated by a covid safe start and finish area. It's not how we want it but it's necessary to keep everyone safe.

### **Spectators**

**There are no spectators allowed on site.** Please do not visit the event site with any supporters or anyone not taking part in the race.

### **Pre event covid testing**

We strongly recommend a free covid-19 test before the event. These are available all over the country but the most local to the event site is at the Oakham enterprise park

# Event Timetable

## 11/04/21 RUNNERS ONLY

8:00am Car parks open

08:30am **Wave 1** make their way to the start line

08:40am **Wave 2** make their way to the start line

08:50am **Wave 3** make their way to the start line

09:00am **Wave 4** make their way to the start line

09:10am **Wave 5** make their way to the start line

09:20am **Wave 6** make their way to the start line

09:30am **Wave 7** make their way to the start line

09:40am **Wave 8** make their way to the start line

10:00am **Wave 9** make their way to the start line

10:10am **Wave 10** make their way to the start line

3:00pm The Rutland Spring Half Marathon course closed

5:00pm Whitwell car park closed

Provisional results will be published throughout the day

Results will be finalised the following week

Before we go any further, don't panic! Here's the answer to a few questions so far.

**What if my race number doesn't arrive?**

We will have some spares. If it was lost in the post, you can have another. If you've forgotten it, come clean and there will be a £2 charge for a replacement. No one's getting dragged over the coals but help us cover the cost if it's an honest mistake. See the timing team in the red gazebo at the start line and they will be happy to help.

**What if I miss my start time?**

Come as soon as you possibly can, and we will find you a slot.

**What if I want to run with someone that has a different bib time?**

If you want to run with someone safely and legally within the covid rules that's absolutely fine. Please both go by the latest of the two bib times. Ignore the earliest and turn up together.

**Can I run with other people?**

You can run with people in your household.

You can run with one other person outside of your household.

If you're running with people turn up and queue together.

**How will I get in and out of the site?**

You'll use the standard entrance barriers at Whitwell. Take a ticket to be let in the barriers.

We will send you a parking ticket that will allow you to exit for free.

**Will there be crowds to negotiate or gatherings anywhere on the site?**

There will be no crowds, no gatherings and no spectators. All arrivals will be spread out.

We're not saying the site will be empty for you but there will be ample space for social distancing.

**What if I have to queue to start?**

We're trying to avoid that scenario. Part of our contingency planning is for a socially distanced queue system allowing over 200 people or 'bubbles' to safely queue socially distanced. The obvious question? Why bother if there's no queuing? It's really important that we keep you safe. If we have an influx of people, there's a problem starting or we are forced to delay for any reason, we have you covered. It's just a safety system if things don't go to plan.

**Do I need a face mask?**

Please bring a face mask. If you're dealing with our team, you'll need to wear a face mask. It doesn't hurt to put one in your pocket. We would also appreciate everyone wearing one as they approach the site. The key stakeholders in the event have expressed their wish for people to wear a mask approaching and leaving the site despite it being outdoors.

# IMPORTANT PLEASE READ

## Getting to the start line

**All participants will park at Whitwell** and make their way to Barnsdale.  
**The Barnsdale site will be closed to traffic for the duration of the event.**

Parking is free for participants but involves a short walk through the Bluebell wood to get to the start line. (It is a very lovely walk). The car park is located just over 1km from the start line.

**We encourage participants to make their way to Whitwell nice and early, wait in their car until their allocated time, then walk to the start line, which will be well signposted.**

**You will be allocated a time to leave your car. This is not your race start time, it is the time you should leave your vehicle and make your way to the start line.**

## **Whitwell Car Park**

Bull Brigg Lane, Whitwell, Oakham, LE15 8BL

## How to get to the site.

**We please ask you to be sensible and considerate to the wider situation with the pandemic and help us protect our local community. Please make a judgement if it is safe and reasonable to attend.**

Our race is located in the heart of Rutland a few miles outside the county town of Oakham. Rutland water is a major landmark sign posted from miles away in every direction. We are based on the north shore between Oakham and Stamford on the A606.



**From Oakham A606** Travel along the A606 towards Stamford along Rutland Waters North shore. You will see Barnsdale hall hotel on your right as you drive up the hill.

**For Whitwell** free parking, continue along the A606 until you reach Bull Brigg lane at the entrance to the village of Whitwell. Turn right into the Whitwell site and follow directions to our event parking.

**From Stamford A606** Travel along the A606 towards Oakham, pass through the village of Empingham and Whitwell.

**For Whitwell** free Parking, turn left as you exit the village of Whitwell into Bull Brigg lane. Just before the national speed limit signs at the top of the hill leaving the village.

**On the A1 Northbound** When driving on the A1 Northbound continue North until you see signposts for Oakham, Rutland Water and the A606. Take the junction for Oakham. The slipway you require is located just outside the town of Stamford, there are several junctions for Stamford before you reach this point, waiting for the correct junction will bypass the town. Earlier exits take you through the town unnecessarily. **A606 Oakham**. Follow the road for several miles, through the Village of Empingham.

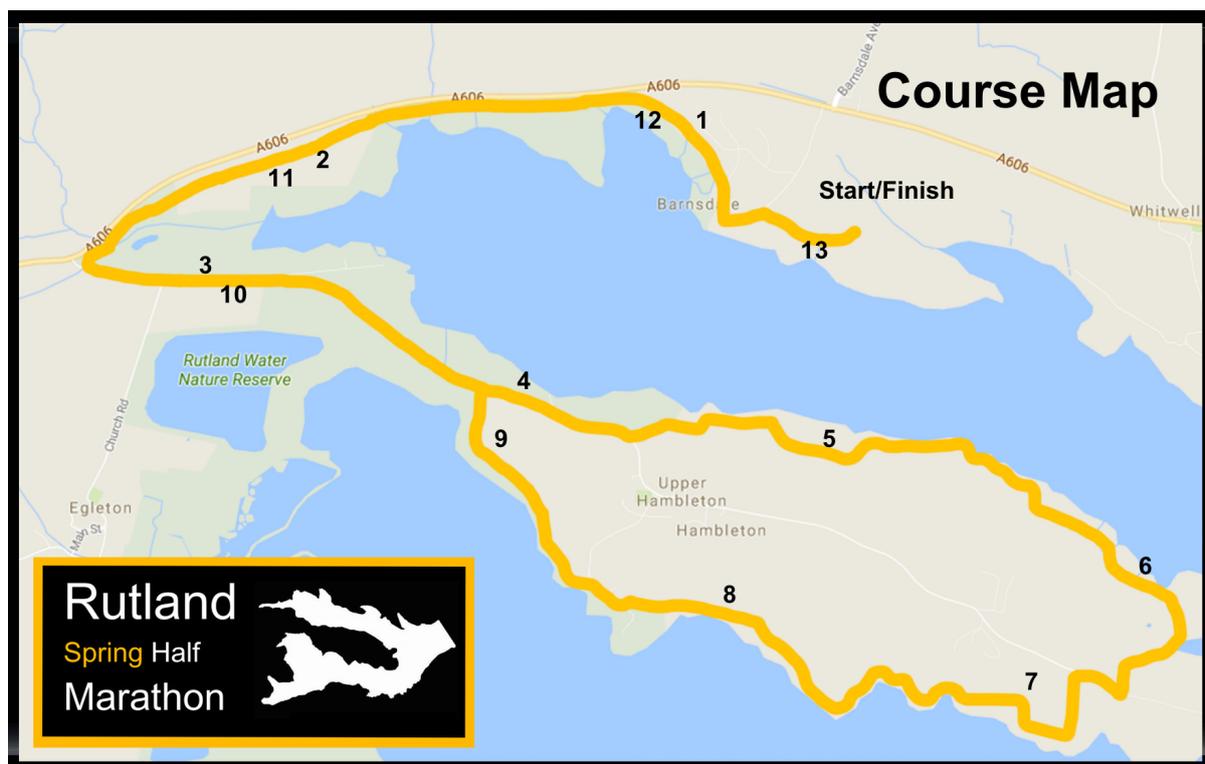
Then refer to instructions **From Stamford A606** to Whitwell parking facilities.

**On the A1 Southbound** When travelling from the North head towards the town of Stamford. look for signs towards Oakham A606 and Rutland Water. Take this slipway then turn Right towards Oakham on the A606 on the very outskirts of Stamford. (follow above directions from Stamford A606)

**A47 from the East (Peterborough)** On the A47 leaving Peterborough take the A1 Northbound toward Stamford at the Village of Wansford. Continue North until you see signposts for Oakham, Rutland Water and the A606. Take the junction for Oakham. There are several junctions for Stamford before you reach this point. They will take you through the town unnecessarily. **A606 Oakham**. Follow the road for several miles, through the Village of Empingham and Whitwell. (follow above directions from Stamford A606)

**A47 From the West (Leicester)** Follow the A47 from Leicester until you reach the small Town of Uppingham. Take the second left on the Roundabout on the A6003 towards Oakham. continue along this road until you find yourself on the Outskirts of the town of Oakham. When you reach the roundabout on the outskirts of the down turn right onto **A606 towards Stamford**. Follow this road where you will see Rutland Water on your right-hand side. (Now follow directions from Oakham A606)

## The Course



You will pass through 13.1 miles of beautiful Rutland countryside.

Athletes will start at Barnsdale, Rutland water. They will set off towards Oakham along the North shore of Rutland water.

The course starts with a couple of hills as you exit Barnsdale.

At the site exit you will turn left towards the lake and follow the road to the bottom of the hill. This is where you will encounter your first small section of rougher terrain. Turning right you run on well-worn paths through farmland adjacent to Barnsdale hall.

After approximately one mile, you will find the main footpath leading to Oakham. The path is very slightly undulating but smooth. On your right is Burley wood and Burley on the hill. To your left is Rutland water, its nature reserve and one of Europe's most precious wetland habitats.

At the first major road junction you will encounter, you will turn left towards the Peninsula and the village of Hambleton. This takes you to the three-mile point in the race. A long flat section of footpath, approximately 2 miles long will take you to the bottom of a hill at the entrance to Hambleton village. Halfway up the hill you will turn left onto the cycle path. The ground then becomes rougher under foot. It is very similar to the path you encounter on the exit of Barnsdale.

The next four miles are around the area known as Hambleton peninsula. There is a single track to follow all the way around. On your right, there is farmland. On your left will be

some of the best views in the entire county. You get to see the whole reservoir from this central point.

The first mile of this peninsula section is the toughest on the whole course. It is the most technical and changeable section anywhere on the route. After mile six the course flattens out and opens up. You'll find long straight sections with less aggressive turns after the tougher first mile section.

Key sections include a fantastic view of Normanton church across the South arm of the lake. Hambleton hall on the shore towards the end of the circuit. Enjoy this section, it is full of woodland, secluded footpaths and incredible views. At points, you'll catch a glimpse of the finish area at Barnsdale. Following the peninsula, runners will eventually emerge back on the Hambleton road. **Runners should proceed with caution through this marshalled section, as this is the only main road crossing on this otherwise traffic free course.** We will have marshals and safety banners but please exercise extreme caution. Traffic can be moving at considerable speed during this section. You are responsible for looking for traffic. Please do not expect our marshals to check the road for you. They are there to help you but are not there to judge if the road is safe to cross on your behalf.

After turning left back towards the A606 and Oakham, runners will follow their tracks back towards the main road before turning right back to Barnsdale. This will lead you along the familiar footpath, ending with a tougher slightly hillier section as you enter Barnsdale.

At the bottom of the hill we will be ready to welcome you home.

### Course Directions

Our route markers are yellow with a black arrow.

Instructional signs will be in place including mile markers, CAUTION, KEEP ON THE LEFT-HAND SIDE as well as signs warning the general public that there is an event in progress.



At important points marshals will be there to assist with any uncertainty.

Do not blindly follow arrows; look for traffic, runners, walkers, cyclist and cars. There is one road crossing, please sensibly cross the road and don't just run out.

### Feed Stations

**In a covid-19 era we must urge and advise everyone to try and be self-sufficient if they possibly can. We appreciate that's difficult, and you are of course very welcome to use anything we provide. We will ensure that everything is served safely.**

**There is one less feed station this year.**

**Feed stations will have water bottles. Please take one and keep moving through the area.**

Water stations will be at the following locations:

Mile marker 3

6.5 miles at the furthest point on the peninsula

Mile marker 10

Water stations will be located just off the running line where we can safely distribute water.

### Litter

Each feed station will have a litter zone. Throw your litter in this well marked zone.

**If caught littering on any other part of the course you will be disqualified.**

It is a beautiful venue, let's keep it that way.

### Safety

You will be allowed to mix in accordance with the government guidance at the time of the event. This is not an event rule, it is a legal requirement.

Please bring a face mask. If you need to interact with our team we will require you to wear one.

Wash your hands at the hand wash stations provided.

Run on the left-hand side of the tracks, remember that there will be oncoming and overtaking runners throughout the course.

Do not run using 'in ear' headphones. Bone conducting headphones are allowed.

Be courteous to other path users, it is a public footpath.

Report difficulties to marshals, they will be happy to help.

Slow down and be vigilant when crossing the road at Hambleton

Please run through open gates rather than over cattle grids. There are several cattle grids on the peninsula section, **please do not run over them!**

Please fill in your personal details on the back of your race number. It is very helpful to the medical teams if you require their assistance.

### **Rules**

The race is organised in conjunction with Run Britain. You will run under British Athletics rules. To see the full list of road running rules then please visit their website.

### **Medical provisions**

Provided by Rutland Medical solutions. We will have paramedics, nurses, doctors and ambulances on site.

Please ensure you disclose any information that may be helpful to the medical services.

Any information disclosed will be handled with the upmost discretion.

It's important that you let us know any medication or underlying medical conditions, they may or may not be relevant but it's better that we know. First aid is available throughout the course. Water stations are positioned to be accessible and have contact with the medical team. If you can make it to a water station safely, please do so.

### **Marshals**

Marshals are located throughout the course. Please speak to them if you have any issues, they are there to help and are in contact with medical provisions, race registration and the race director at all times.

Please also report anyone else you see in difficulty to the Marshals at your closest water station. We have mobile first aiders and can send them to attend to anyone who you believe is struggling. Marshals are there for your safety, please take instruction from them.

### **Drop out procedure**

If for any reason you need to pull out of the event you must ensure you return to the finish line before you go home. It is imperative that you return so that you can be signed out of the event. Failure to do so could result in not being allowed to enter future events. Until you return, we will assume that you are still on the course. Obviously, we need to ensure that everyone is safe and well so an 'official finish' is vital to ensure you are accounted for.

If you decide to drop out of the race at a mid-way point. We will get our medical team to provide transport as soon as possible. You may have to make your own way back if there is no medical issue.

We cannot use our normal event vehicles to transport you. We will do our best to get you back, but medics have a very important job to consider first.

### **Registration**

There is no on-site registration for this event.

### **Medical details**

Please let us know if anything has changed with your medical details or emergency contact information prior to arriving on site.

### **Event timing**

JC race solutions are our timing partners and will provide all the timing information you require. Times will be available immediately after you finish.

Timing chips are attached to the back of your race number. They are disposable, so no need to hand anything back after the race. Your race number is a keepsake. Your race time will start when you cross under the start gantry, timing mats are located on the floor. Do not cross these mats wearing your race number unless you want your time to start.

### **Results**

The results will be posted at registration and on [therutlandmarathon.co.uk](http://therutlandmarathon.co.uk) and [jcracesolutions.co.uk](http://jcracesolutions.co.uk).

**Results are provisional for one week after the event.**

**Your Race Number**

Please attach it to your front. Use a Race belt or safety pins. Please ensure that your race number is clearly displayed on your front at all times during the race.  
Please ensure you have the correct race number.

A piece of string or elastic works well as a race belt.

Your allocated time to leave your vehicle and make your way to the start line is on the bottom left of your race number



**1001**



PLEASE FILL IN YOUR PERSONAL INFORMATION ON THE BACK OF YOUR RACE NUMBERS. IT WILL HELP THE MEDICAL TEAMS IF YOU EXPERIENCE ANY DIFFICULTY

Please turn up to the event site with your race bib attached ready to go over the start line. There will be no waiting around.

### **Toilets**

The main toilet facilities are located in Whitwell. Please use these before making your way to Barnsdale.

Located throughout the site at the various public spaces. The permanent site facilities are located at the top of the hill in the main car park.

Anglian waters public toilets are available as well as portable toilets around the site. The closest disabled access toilets are located at the main toilet block.

### **Mementos**

All runners will receive a medal to commemorate their achievement.

There are no T-shirts this year. We are really sorry but we are just not allowed to hand them out. As a substitute we are providing branded sports drink bottles to be distributed alongside the medals.

### **Trophies**

Trophies will be awarded in the following categories.

Male 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

There will be no on-site presentations. We will send the trophies to the top three after the event.

### **Contacting us**

We always try to be as contactable as possible but please understand that there might be a delay getting back to you on the week of the event. We try to answer any urgent emails as a priority. Please write **URGENT** clearly in the email title if you have an enquiry close to the event. All other enquiries will be answered as soon as possible.

rutlandmarathon@gmail.com most general enquiries can be answered on the website or in this guide. Please check both first.

Please note: there are no refunds or deferrals at this stage

### **Adverse weather**

In the event of adverse weather we might be forced to change the location of the course.

We will keep as close to the original plan as the weather will allow. In extreme weather, we may be forced to cancel the event, we will issue a credit note if this is the case.

### **Bag drop**

Unfortunately, we cannot offer a bag drop service this year.

### **Spectator spots**

#### **NO SPECTATORS ALLOWED**

We're really sorry but we cannot allow spectators on site. We really politely ask that for one year only spectators do not attend the event. (it's currently illegal)

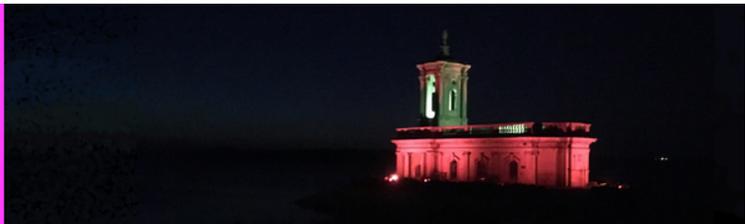
**Thank you so much for supporting this event.  
We wish you all massive PB's and a fantastic race.**

## **The Rutland Marathon Team**

**2021 Running Events  
19/09/2021**



**12&13/11/2021**



**2021 Walking Events  
11/11/2021**



**2022 running events  
Burghley7 entries now open**



Full details are available on the website [www.therutlandmarathon.co.uk](http://www.therutlandmarathon.co.uk)  
We hope you can join us at one of our other events throughout the year.

2021 Swimming Events  
18/08/2021



04/09/2021

