



Athlete Information : Welcome to an opportunity to race Cross Country!

Hosted by Dumfries Running Club, open to all residents/runners within Dumfries & Galloway.

Venue: McLeod Pavilion, Kingholm Rd, Dumfries DG1 4SR, Saturday 16th January 2021

U11 Boys & Girls race 1.5k @ 12.00hrs
U13 Boys & Girls race 2k @ 12.30hrs
Senior/Master Ladies race 6.4K @ 13.00hrs

U15 & U17 combined, Girls & Boys race 3k @ 14.00hrs
Senior/Masters Men race 6.4k @ 14.30hrs

Entry is via [entrycentral.com](https://www.entrycentral.com) - link will be posted via club website & club facebook page.

Bib numbers – no numbers or safety pins will be provided by organisers to reduce contact, therefore:

- For all races please make your own number (with the numbers written 10cms high and in black) to be worn on the front only – we will allocate numbers when entries close.
- Starting lists will then be posted online on DRC website www.dumfriesrunningclub.org.uk

We encourage the use of parking at Dock Park, Dumfries DG1 2RY, and utilising the public footpaths as part of a warm up routine.

Arrival: Please arrive no more than 30mins before your race. This allows you to go straight to the warm up area, which is deemed to be the 'competition bubble', within which social distancing rules do not apply. It is recommended bringing a waterproof bag for your possessions, which can be placed on the edge of the cool down area ready for you upon completion of the race.

Walking the course is not allowed prior to the race.
Course maps and information on the competition bubble layout will be posted prior to the event.
Course is suitable for trail shoes & spikes.

You will be called to the start line area five minutes before the race.
After the race: move directly to the cool down area, where your possessions can be gathered.
Upon exiting the cool down area, social distancing protocols apply.

Race officials will utilise video to record each race finish, this will be deleted after results have been compiled. Results will be posted online - www.dumfriesrunningclub.org.uk

A toilet is available in the sports pavilion, access protocols will be indicated.

All participants are responsible for having hand sanitiser, a face mask and maintaining social distancing protocols outside of each race 'completion bubble'.

Event is prepared with guidance from www.scottishathletics.org.uk/clubs/club-support/coronavirus/

We wish everyone a safe and enjoyable opportunity to race!