



## Information & Race Day Instructions

On behalf of Torbay Athletic Club we thank you for entering the Ocean Healthcare Torbay Half Marathon, after a tumultuous year we are delighted to be holding this event once more. Thank you for your support and that of our headline sponsor Ocean Healthcare and all our other sponsors that help make this event possible. We trust you have an enjoyable and successful race.

**Date: Sunday 12th September**

**Half Start time: 09:00**

**10k start time: 09:05 approx**

**Half start location: Paignton seafront next to Paignton Pier.**

**10k start location: North Green, opposite Parkfield House, near Redcliffe Hotel**

**Getting there:** Postcode for Paignton Green: TQ4 6AG. Please note, the main seafront road between Torquay and Paignton will be closed from 8:00am. Please allow extra time to get to the event and follow any diversion signs.

**Race HQ:** For any queries and late collection of numbers please head to the tent on Paignton Green, open from 7:30 until 8:45. Please allow enough time. No race number transfers on the day. No entries on the day.

**Parking:** Victoria Car Park in Garfield Rd Paignton TQ4 6AU. See [www.torbayhalfmarathon.co.uk/travel](http://www.torbayhalfmarathon.co.uk/travel). Other car parks and some on street parking are available, but maybe limited at this time of year, please also take into account that road closures are in place. It will be busy, please arrive in good time and car share where possible.

**Race number/ Emergency Details:** You must provide full and correct medical information on the back of your race number with a permanent marker. Also add in the name and phone number of a relative or other person that we can contact if necessary. Never swap your race number as it could create a dangerous medical situation, wearing the incorrect number will lead to disqualification. We also need to ensure we have correct runners details due to covid. You will not be permitted to finish or receive a tee shirt or medal without an official race number which must be displayed on the front of your vest and must not be cut or mutilated.

**Timing Chip:** Your timing chip is attached to the back of your race number and is disposable; your race number must be attached to the front of your running top with a safety pin in each corner – please make sure you do not perforate the timing chip with the pin. Also do not bend or fold the timing chip as this could damage its ability to time you. There will be no other timing system on the day.

**Covid:** Please see our code of conduct below in reference to covid. We are politely requesting that all runners take a lateral flow test 24 hours prior to attending the race. Please wear a mask when queuing for facilities on the green and use hand sanitizer where available. Please do not attend if you, or your

close contacts, have symptoms. We request that runners wear a single use mask whilst at the start line, a bin will be made available to dispose of this.

**Toilets:** Facilities are available in the on Paignton Green, there are urinals and portaloos but these will get busy. There are also public toilets on Paignton Green which charge 30p (cash or contactless). Unfortunately there are no showers but the sea is available for a refreshing swim!

**Changing facilities:** are limited. To avoid queuing if you can please arrive ready to run.

**Baggage store:** These can be left in the Baggage Tent which is found on Paignton Green. You will be provided with a tag to write your race number on. You must present your race number to reclaim your bag afterwards. This facility will be staffed throughout the event, but please be aware that we store your belongings entirely at your own risk, so please don't leave any valuables. If you can, to avoid queuing please leave your bag in your vehicle or with a friend.

**The Half Marathon start:** Is located on the seafront near the Pier and will start at 9.00am prompt. Runners are asked to assemble according to their anticipated finishing time – if you line up too far forward, you will get in the way of those who have been more realistic. All entrants are required to be at the start by 8:45am in order to receive last minute instructions and guidance.

**The 10k start :** Is located on Paignton Green North near the Redcliffe Hotel, opposite the entrance to Parkfield House and will start shortly after the half marathon.

**The Half Marathon course:** The runners will complete one lap of the “Green” before heading to Torquay. At Torquay, near the big wheel, runners will turn and run back to Pier Road at Paignton Green to start the 2nd lap. Mile markers will be in position, please be alert to what's going on around and behind you at all times in case of an emergency, or when other athletes wish to overtake. You will be guided by our marshals please obey their instructions. Please don't wear headphones. Enjoy the atmosphere and support that you will have around the course.

**The 10k Course:** Shortly after the start of the 10k runners will merge with the half marathon runners along the Esplanade- please be alert to what's going on around and behind you at all times. Kilometer markers will be in position. At Torquay, by the big wheel runners turn and then return to the Pier Road at Paignton. On the return to the “Green” , keep to your left past the pier to the finishing line- half marathon runners will be completing two laps. At the finish you will then receive your souvenir 10k T-shirt and medal.

**The wearing of in-ear headphones:** Most runners will be lapped by the lead runners – overtaking from behind. We therefore need our runners to be able to hear our marshal's safety instructions as the lead runners and escort vehicles approach. You will not be able to hear them if you are using in-ear headphones – if you must wear in-ear headphones please use one earpiece only or use bone-conducting headphones that work from outside the ear. It's really important that you hear what's going on around you.

**Cycle marshals:** As this is a two lap course, Cycle Marshals will help lead running groups and others to overtake. Please listen at all times to these marshals and obey their instructions.

**Drink stations:** There will be five drinks stations supplying cups of water. Please have a drink before you start. We have reduced our plastic use. To help us further please wear a bottle belt, not only will it reduce waste you will be able to drink when you want. All recyclable material will be taken away and recycled after the event.

**Medical Support:** St John Ambulance will be in assistance throughout the route. If you become ill, please advise one of the marshals who will get help. If you drop out for whatever reason, please let an

official know, giving your race number and name. In case of an emergency contact details supplied on the reverse of your race number will be used.

**The finish:** On the final return to the "Green" keep to your left past the pier to the finishing line. You will then receive your souvenir T-shirt and medal. To reduce our use of plastic, no plastic goody bags this year.

**Race Limit:** Strictly 3 ½ hrs, so 12:30pm. Please note that roads will be progressively reopened after 11:30 am. Finishing runners must then move on to the pavement. A cut off time of 1 hour 55 minutes has been set to complete the first lap. Anyone after this time will be asked to pull out of the race at this point.

**Results:** Results will be available at [www.torbayhalfmarathon.co.uk](http://www.torbayhalfmarathon.co.uk) please allow up to 48 hours for the results to be published. Please follow us on social media for announcements.

**Prizes and presentations:** Presentations will start at approximately 11:30 am near the Finish: - First 3 Men and first 3 Ladies, also best Fun costume. Age categories awards will be sent out after the event from the categories below:-

First Man aged 17 -19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

First Woman aged 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

Some prizes will be in cash as stated; other awards will be in vouchers.

**Accommodation:** See our web site [www.torbayhalfmarathon.co.uk](http://www.torbayhalfmarathon.co.uk) or contact The English Riviera Tourist Information on 01803 211 211 or online at [www.englishriviera.co.uk](http://www.englishriviera.co.uk)

**Photos:** Event photographers [www.photo-fit.com](http://www.photo-fit.com) will be in attendance to capture your run. Photos available via their website.

**Transfer:** You can transfer your race to another runner before 6th September 23:59, you must do this yourself via the registration portal and click 'check my registration'. There are no refunds or deferrals as per our terms and conditions. Please do not email requesting a refund, transfer, deferral or to cancel your race; our team will not respond to these requests.

**Spectators:** We are encouraging spectators to line the route as always, however we request that people respect social distancing where possible and to also take a lateral flow test before attending.

**Queries:** [info@torbayhalfmarathon.co.uk](mailto:info@torbayhalfmarathon.co.uk) we will aim to respond within 48 hours during working hours.

Race Licence No-2021/39951. 10k Course accuracy No-21/23. Half Marathon Course accuracy No-21/226

### **COVID-19 Participant Code of Conduct**

**The easing of mandatory measures which will see an increase in running events with the subsequent benefits that brings in physical and mental health, it should be borne in mind that a significant percentage of the adult population have not been double vaccinated and that those under the age of 18 years have not been vaccinated at all.**

**Participants, officials and spectators will be in this group and can catch and spread the virus. Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.**

- The Ocean Healthcare Torbay Half Marathon and 10k request that **all who attend the event**, be that staff, volunteers, participant or spectator to **take a lateral flow test 24 hours prior to the event**. Although proof of a negative test is not a mandatory condition of entry we appeal to all those joining us to 'do the right thing'.

- In addition, all those who are to attend must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate/work/volunteer in the event if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following.

- A high temperature    -A new, continuous cough    -A loss of, or change to, their sense of smell or taste

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.

- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace)
- Do your homework – make sure you are aware of and understand the pre-race briefing information.
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants.
- Observe social distancing wherever possible including when queuing for toilets, bag drop or at the start line of the race.
- Leave more time than you normally would to get to and from the event.
- Wear a mask when you use facilities such as toilets, bag drop, changing area and at the start line. A bin will be made available at the start line to dispose of your masks (please do not throw them on the floor).
- It is forbidden to spit or perform nasal clearance. Those doing so will be removed from the event.
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public.
- Use the hand sanitizer where provided.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>