

Desborough 10k Wednesday July 6th 7.30pm

Background

The Desborough 10K is a 2nd time event and will be held under UKA rules with the help from Desborough & Rothwell Running Club.

A race limit has been set at 500 entries with entries to be taken online via Runnersworld and also local running clubs to be informed to promote a more experienced field of entry. We are planning to accept entries on the day at a higher cost of £4 per entry.

The course is an on road and off road course of 2 laps, with chip timing, starting from within West Lodge Rural Centre. The runners start in the rear field and proceed around this, past the registration area and into the rear grounds of the farm centre. The runners will then run approximately 1.2 mile along hard rolled field ground. The runners will then enter the road section which is public road, turning right, (road closure has been granted by Northamptonshire Highways from 1900-21.15 hours) along Pipewell Road, heading towards Desborough for a further 0.8miles. The runners then turn right along Back Lane for approximately 1/3rd mile before starting the 2nd lap. The finish area is the same as the start point with a funnel area allowing access for an ambulance if required.

There will be marshals per bend and junction at a maximum of 1/2km on the road section. The plan is to have a lead vehicle for the 1st lap road section and a sweeper vehicle will stay behind the last entrant.

There will be one water station on the driveway leading down to West Lodge which is off road at approximately 5km, at the start of the 2nd lap, with a mix of bottled and cupped water.

Communication will be by mobile phone and coverage is very good over the entire course.

The off road rolled grass section of approximately 1 mile long is accessible for first aiders but inaccessible for an ambulance. West Lodge have available for assistance an off road vehicle and first aiders if required.

There will be changing areas, toilets and restaurant facilities available.

Volunteer marshals will be provided from within the running club and their families, together with some of our supporting charity who have an experience in staging their own races.

A standard criteria will be provided for a 10k race of 2 1st aiders at the start/finish area and 2 CRUs (cycle responders). A large covered area is also provided close to the finish area.

Adjustments

The race has a race limit of 500 entries. This is a 2nd time midweek evening event so entries are expected close to 250. There is a close by date set on July 4th. Entries will be closely monitored up to this date and in the event that the number of entries increase above this then provisions will be taken to add a further 2 first aiders. In the event pre-race day entries reach close to the maximum set limit then a further 2 qualified first aiders will then be provided. On the day entries should then be limited, set or closed off.

West Lodge do have qualified first aiders on call, (experienced in staging their own events) but these are to be only used as support.

All local clubs have been informed ensuring a higher proportion of club athletes with proven fitness levels. With advertising online there will be a proportion of unattached runners with lower and unproven fitness levels.

The ground will be wide and flat on race day (considered to be fast). This will result in a lower risk of minor injuries, however, with a cross section of runners expected, attention is noted of any serious injury or risk due to cardiac arrest.

The long straight of rolled field ground to the rear of West Lodge is inaccessible by an ambulance but can be at either end of this. Within this section a bike or off road vehicle (provided) can be used to extract anyone injured.

Medical Plan

2 x St John Ambulance first aiders at the start/finish area and 2 cycle responders available on course contactable by mobile telephone. A first aider will need to relocate shortly after the start, 400mtrs away, to the water station at the 5km stage.

Lead vehicle with 2 volunteers used on the 1st lap will then follow the last runner back and will add as back up in case needed, they will also be provided with a blanket and fold up stretcher and contactable by phone.

First aiders to be provided with polyester blankets if required and bottled water.

Marshals to be briefed on report of any casualties including meeting emergency ambulance on arrival at designated access points.

Check ability of local hospital to receive casualties and make aware Safety Advisory Group through district council.

Check ability of local ambulance service to attend and evacuate serious casualties and confirm ability to attend on 999 call.

Ensure the capability to deliver a minimum response time within 8 minutes of being notified by the event team or medical team.

Ensure first aid is in place before the race start. St Johns Ambulance to report to the Race Director minimum 30 minutes before the race start. Race will be cancelled if first aid team do not attend.

Ensure effective reporting of casualties by marshals contactable by mobile phone. Ensure medical team can extract casualties from the field area where it is inaccessible for an ambulance. Marshals to be deployed 0.5km to 1km intervals around the course and to be debriefed as stretcher bearers if required.

Layout and management of finish area to provide easy access for medical team to identify, treat and evacuate casualties. Ambulance access will be through the finish area to the car park. Experienced marshals to be present at the finish area and a coordination of activities agreed in advance with medical team.

Use of a public address system to de brief competitors by hand held megaphone pre-start.

Transport exhausted runners. Car to be deployed at the start of the road section on Pipewell Road.

St Johns Ambulance manager to report any serious injuries or hospital transfers to the race director as soon as possible on race day, followed by a written summary of casualties to enable the Race Director to submit a UKA post-race return form.

Race director to arrange a medical team de brief and review 1 week after the race date.