

L2SOTM: Covid 19 Rules December 2020



England Athletics have produced revised guidance which have enabled us to restart the L2SOTM but, as you would expect, there are Covid changes.

Please read right through.

1. If you want to run you must enter in advance by 6pm on Saturday.
2. **If you have been ill or had any Covid symptoms in the last two weeks then you must not take part.**
3. Entries are limited. Places will be allocated
 - first to runners from Longparish who get their entry in before 10am on Friday morning.
 - next to the first three runners who bring a volunteer
 - remaining places will then be allocated in the order I receive entry emails.
4. Do not turn up on the day unless you have already entered. There will be no entries on the day and you will not be allowed to run.
5. We need volunteers so if you are injured or just plain public-spirited, please volunteer. But again we need to know in advance that you plan to come. No spectators, please.
6. We will start at 10am. If your handicap is negative you will need to be ready before 10am so you can go off at the right time
7. You must come to the Cricket Ground on foot or by bike. You can park your car in the grass car park opposite the village hall.
8. We won't be providing drinks and refreshments. If you need anything please bring your own.
9. You must display your number clearly. If you have lost it then you can make one using this template
<http://archive.longparish.org.uk/l2sotm/badge.php>
10. If you don't know your number and/or your handicap then you can find them from this list <http://archive.longparish.org.uk/l2sotm/runners.php>
11. We won't have little yellow cards at the finish. Please tell the marshal with the clipboard your name and number as you finish.
12. We won't be awarding trophies
13. You must maintain social distancing before, during and after the run. If you are overtaking please warn the person you are overtaking and keep out of their way.
14. Entries are limited to max 20 adults plus max 6 children and accompanying adults.
15. Enter or volunteer by emailing mrjeremybarber@gmail.com. Please head your email L2SOTM entry and confirm you have read and understood this email when you enter/volunteer

Apologies that this all sounds bureaucratic but better safe than sorry.