

RIDGEWAY CHALLENGE 2015 RISK ASSESSMENT

1. INTRODUCTION

- 1.1 The Twelfth holding of the Ridgeway Challenge will be on Saturday/Sunday 29/30 August 2015. The race is being organised by the Trail Running Association (TRA) and the Race Director is Tim Mitchell who is also Chairman of the TRA.
- 1.2 A UK Athletics race permit number is E-28. Insurance cover is provided by a policy arranged by UK Athletics. Copy available on request.
- 1.3 [The route is documented here.](#) Note however that the course exits the Ridgeway at the Avebury turning. Further information on the main website.
- 1.4 Variations to the route may occur as deemed necessary by the authorities and safety related issues occurring on-the-day.

2 AIM

- 2.1 To assess any risks to competitors, administrators, officials, spectators and support teams at the Ridgeway Challenge and what action may be taken to reduce them to acceptable levels.

3 DESCRIPTION OF COURSE

- 3.1 The course starts on Ivinghoe Beacon near Ivinghoe in Bucks and finishes at Avebury in Wiltshire, a distance of 86 miles. There are 9,000 feet of ascent.
- 3.2 For the first 17.5 miles, the route passes close to sizeable towns with train services, Tring, Wendover and Princes Risborough. For the next 25.6 miles, between Princes

Risborough and Goring-on-Thames, the route passes near the towns in Chinnor, Watlington and Wallingford. There are no rail services in these towns and bus services in Chinnor and Watlington are very limited. In Wallingford there is a bus service to Goring and Streatley station.

- 3.3 After Goring the course passes over the North Wessex Downs. This is remote country and the nearest towns to the route, Wantage and Swindon, are further away than the towns up to Goring.

4 RISKS

- 4.1 There are many road crossings on the route. It is not feasible for marshals to attend all these crossings or to put out warning signs. All volunteers have been allocated to check points to provide refreshments for the runners.
- 4.2 In the first part of the course there are a number of stiles and gated field entries and exits. These may become slippery in wet weather. The stiles would be dangerous if they were damaged.
- 4.3 This is an overnight event and there is a risk of competitors suffering from exposure, particularly if the weather is bad. The risk is more acute on the hills after Goring where the area is thinly populated and there are very few dwellings near the course.
- 4.4 First aiders will be limited in number and location. All marshals and competitors will be given the telephone numbers of the hospitals with Accident and Emergency facilities which are nearest to the route. The limited amount of medical back-up means that there is a possibility that a sick or injured competitor may suffer from not receiving medical attention as promptly as he/she might otherwise have done. However, with the distance being 86 miles, the probability is that first aiders would

not be in the right place to provide such attention in any case. *See First Aid later in the Risk Assessment.*

- 4.5 Competitors may go off route and get lost, particularly at night. This could happen in an area where it is not feasible to get assistance from marshals or members of the public. The marshals may not be able to help a lost competitor as their primary obligation is to manage check points.
- 4.6 Support teams are at risk since they will often be waiting for the competitor they are supporting at a point where the Ridgeway crosses a road. If parking space is limited their vehicle may cause an obstruction or affect visibility. Checkpoint locations are positioned where at least the minimum number of cars needed for the checkpoint can be parked off road.
- 4.7 Restrictions are listed in the CP section of this document. Where parking is not easily available NO PARKING restrictions apply to runner's support team. Disqualification penalties apply to runner's who team ignore the restriction. In this case runners will be asked to surrender their numbers and their names removed from the 'running list'.

5 RESPONSIBILITY FOR SAFETY

- 5.1 Each competitor has primary responsibility for his/her own safety.
- 5.2 Marshals will do what they reasonably can to assist competitors but they cannot be held responsible for their safety. It is part of the essence of ultra running that competitors knowingly enter a situation where there is an element of risk. They cannot expect the marshals to be responsible if there is a mishap. If marshals were held responsible in such circumstances, events such as this would never take place. This is generally understood by

everyone involved in events such as this, and reinforced by the disclaimer on the entry form which is signed by each competitor.

- 5.3 Support teams are responsible for their own safety and safety including adhering to the Highway Code and instructions of officials i.e. the Police.

6 SAFEGUARDS AGAINST RISKS

- 6.1 It is compulsory for all competitors to carry a mobile phone and for the competitor to give the number to the Race Organiser. The Info Sheet supplied to competitors will require them to write on the back of their running number particulars of any allergy or medical condition they may have and of any medication they are taking.
- 6.2 The marshals at each check point will be asked to mark the competitors off against a list as they pass through. The marshals will be asked to inform the Race Organiser of the competitors who fail to reach the check point by the cut off time. They will also be required to inform the Race Organiser when they become aware of any competitor who is sick or injured or any competitor who retires from the race.
- 6.3 All competitors, marshals and support crews will be warned to take special care at road crossings.
 - 6.3.1 Road crossing are of particular interest during the Wiltshire section of the course. Between Fox Hill and the turning for the Ridgeway off the B1492 there is 1.3miles of road that forms a part of the Ridgeway route proper. This section of the course will be used between the hours of 21:45 on the 29th August to 09:15 on the 30th of August. These times are approximate. The road will be signed with Caution Runners on the roads and road junctions as necessary. Runners will be informed of the hours of darkness, 20:30hrs 29th to 06:30 30th August,

and instructed to wear some reflective clothing and carry a torch/head torch during these hours in the race instructions. Runners need to satisfy themselves that they can be safely seen by other road users.

- 6.3.2 A further road crossing intersects the A346. Runners will be crossing this section around 22:45 on the 29th August to 11:15 on the 30thth of August. Again runners will be informed of the hours of darkness and instructed to wear reflective clothing and carry a torch/head torch during these hours in the race instructions. Caution Runner signs will be posted either side of the Crossing at Southend (nr Ogbourne St George).
- 6.3.3 The finish of the event is Avebury Village Hall, High Street, Avebury. Runners leave The Ridgeway at Overton Down and descend toward Avebury along Green Street in to Avebury. Runners will arrive at the Road Crossing over the B4003 between 01:00 and 14:00 on the 30th August. Again runners will be informed of the hours of darkness and instructed to wear reflective clothing and carry a torch/head torch during these hours in the race instructions. Caution Runner signs will be posted either side of the Crossing at Avebury. All positions of caution signs are approximate.
- 6.3.4 Parking outside the Social Centre at Avebury is limited to Radio Operating and Medical vehicles and a small number of marshal's vehicles. The National Trust parking area can be used for a fee, payable by the runner's support team.
- 6.3.5 Support teams are not to park outside the Social Centre as this area will be used for ambulances in the case of emergency. Entrants are informed of this during the application process.

7 First Aid

- 7.1 Between the hours of 10:00 and 17:30 the main first aid support will be provided by First Aiders as qualified by St John Ambulance and Red Cross at checkpoints,
- 7.2 An authorised first aid company will provide a first aider at Goring Village hall from 17:30 to 23:30 on the 29th August.
- 7.3 The appointed first aid company will provide a Paramedic, Emergency 4x4 support vehicle and a first aider at Avebury. Cover will start at 00:01 hours on the 30th to 14:30 on the 30th August 2015.
- 7.4 Raynet will provide communications covering the entire field as the event unfolds. Runner locations will be transmitted to, and recorded at, a central point. The Race Director will have a dedicate Raynet operator in the Race Director's vehicle allowing quick and easy communications throughout the event.

Tim Mitchell

Race Organiser, for and on behalf of the Trail Running Association

5 April 2015

Checkpoint Opening and Closing Times

Complete information at www.tra-uk.org/ridgewayinfo2015

point/ link	CP Name	Provides	Distance	Open	Close
Registration and The Start	Registration and The Start	Numbers, water, toilets, ample free parking.	0	08:15 29th	Last registration 11:30 29th
CP1	Wendover	Cold drinks, simple food, NO PARKING.	10.5 (10.5)	11:15 29th	14:30 29th
CP2	Whiteleaf	Cold drinks, simple food, ample parking	16.8 (6.3)	12:45 29th	16:00 29th
CP3	Hill Road,	Cold drinks, simple	26.2 (9.4)	14:30 29th	18:15 29th

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	Lewknor	food, some parking (off road)			
<u>CP4</u>	Swyncombe	Cold drinks, simple food, parking may be available. Check on the day.	31.7 (5.5)	15:30 29th	20:00 29th
<u>CP5</u>	Goring Hall	Hot and cold drinks, hot and cold food. Flush toilets. NO PARKING.	43.7 (12)	17:30 29th	29:30 29th
<u>CP6</u>	Bury Down	Hot and cold drinks, hot and cold food. Ample parking.	52.4 (8.7)	18:45 29th	02:30 30th
<u>CP7</u>	Sparshalt Firs	Hot and cold drinks, hot and cold food. Ample parking.	61.5 (9.1)	20:00 29th	06:30 30th
<u>CP8</u>	Fox Hill	Hot and cold drinks, hot and cold food. Some parking.	69.4 (7.9)	21:45 29th	08:45 30th
<u>CP9</u>	Barbury Castle	Hot and cold drinks, hot and cold food. Ample parking.	79.9 (10.5)	29:45 29th	12:15 30th
<u>CP10</u>	Avebury Centre	Hot and cold drinks, hot and cold food. Parking at Avebury visitor car park only. DO NOT PARK ON THE STREET	86 (6.1)	01:00 30th	14:00 30th

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