



## **THE JOHN DEACON HANDICAP 2020**

### **Thursday 6th August - 6.30pm**

#### **Introduction**

Welcome to this year's John Deacon Handicap, which will be our first club race since the Covid-19 pandemic began. As a club we are now able to hold events following the latest England Athletics guidelines (see below).

This year the race will be different as we have no real "recent" results to base the handicap times on. I will do my very best to get the times as close as possible - but whatever happens it is a chance to get out and run as a club. Please let me know if you intend to run, and if possible a recent race result (any distance).

The John Deacon Handicap gives any member of the Dorset Doodlers a chance to win. Start times are staggered and based upon predicted finish time. If the times are correct all runners should cross the finish line at a similar time, with the first over the line being the winner... that's the theory anyway! Come along and give it a go.

#### **COVID-19 Precautions**

To follow EA guidelines the club will be taking a register of all attending runners and marshals (these details will be kept for 21 days).

If you feel unwell on the day please do not attend the race.

Please bring a face covering. You do not need to wear this when running, but if you need to assist another runner then please wear it.

We will be maintaining social distancing, so please keep at least 2m between yourselves and others both at the start/finish lines and on the course.

#### **Meeting**

We have use of the car park at Sturfit. Please park here and run/walk to the start line to ease congestion. However, we have no use of the Sturfit facilities. Aim to be at the start line for 6.15pm to collect a race number from Ines.

#### **Marshals**

If you are unable to run but want to marshal please let me know before the race.

#### **Water Stations**

There will be no water station on the route or water at the finish line. Please bring your own drinks as required. This is a step the club are making to minimise the possible effects of COVID-19.

## Race Route

The John Deacon Handicap is approx 6.65 miles all on road. Take care on the roads; the marshals have no control over traffic. **Please put yours and other runners safety first.**



The race starts at the end of the avenue of trees, and will be staggered based upon predicted finish times. (0.0 miles)



Turn right at the White Horse Inn onto Stearts Lane (0.1 miles)



Stay on Stearts Lane (0.4 miles)



Follow the road to the left onto Hinton Lane - do not take the track! (0.6 miles)



At the end of Hinton Lane turn right onto White Way Lane (1.5 miles)



Continue straight, stay on the same road (2 miles)



At the triangle (Moorside), turn left (2.1 miles)



At the next triangle, turn right (2.8 miles)



Continue on the road, do not turn right! (3.2 miles)



At the end of the road turn right onto Red Lane (3.3 miles)



Continue on the road to join Rams Hill - **this road can be busy, take extra care.** (3.4miles)



At the crossroads turn right onto White Way Lane (4.1 miles)



At the triangle continue on the road. From here you follow the same route back! (4.4 miles)



Continue straight on White Way Lane (4.5 miles)



Turn left onto Hinton Lane (5 miles)



Continue straight on, do not turn left (6.4 miles)



At the White Horse Inn turn left onto Ridgeway Lane towards the avenue of trees (6.5 miles)



Note - the Start Line is not the finish line - keep running!



The finish line is by the gate at the far end of the avenue of trees. You have finished...well done!