



Notts Athletic Club

FOR ATHLETES

Dear Athlete

Thank you for entering the Tim Weathall Miles. We look forward to seeing you on the day. There are a few considerations to bear in mind at this competition. As you know we are indeed in strange times, and as such we have had to put in some extra rules and procedures at the competition - which you will not be used to - to ensure we mitigate against virus transmission.

Please review and follow the guidance below to help ensure our competition follows Government and England Athletics guidance.

1. Maintain 2m social distancing at all times on the field of play and around the venue.
2. Track races will be run with a maximum of 12 athletes in a race
3. Warm up in the appropriate allocated area - (around the top of the track or on the grass area outside of the stadium)
4. Hand sanitiser will be available for you to use. However, we recommend that you also bring hand sanitiser with you.
5. Be mindful that there will be marshals around the venue ensuring flow routes and the like are adhered to.
6. If you see anything which contradicts current Government guidance please bring that to the attention of the Covid-19 coordinator (Fiona Palmer) or the meeting manager (Jane Pidgeon/Wendy Kane)

There will be no call room, and so you should proceed to the competition area no more than (5 minutes) before the start of your event, to ensure that social distancing can be maintained. The timetable will provide you with arrival and competition times.

Your race numbers will be available for collection on the day.

Entries on the day will be accepted. If there is room in a timed race that fits your anticipated time you will be put into this race. If this race is full you may be allocated a separate race for entries on the day with mixed ability athletes.

If you have any queries regarding any of this information, then please do not hesitate to contact me on (mail@janepidgeon.plus.com / wendykane23@googlemail.com)

Look forward to seeing you and Best of Luck!