

PETERHEAD ATHLETICS CLUB
JUNIOR MILE / SENIOR 3K SERIES
(2021)



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1. Event Information

The Junior Mile / Seniors 3K series is to be held at the Lido, Peterhead and scheduled to take place on a monthly basis from April to October. There will be 7 events in total with the final event of the series ran as a handicap.

The proposed dates for the 2021 series are as follows:

Saturday 3rd April*

Saturday 1st May

Saturday 5th June

Saturday 3rd July

Saturday 7th August

Saturday 4th September

Saturday 2nd October (handicap run)

PAC members of all ages and abilities are welcome and encouraged to attend these events. We are trying to create a unique monthly PAC challenge event that we hope you can all support as much as possible.

**Unfortunately, due to the current Covid-19 restrictions in place throughout Scotland our 1st event of the series, which is scheduled to take place on Saturday 3rd April, will have to be done as a virtual run. The parent/carer of any junior athlete wishing to take part in this event should register their child's interest via the PAC Members Facebook page. Club coaches will then make note of all junior athletes and get in contact to arrange suitable times to meet up and to officially record their run. Senior athletes will be expected to record their run using the Strava or Garmin apps and then e-mail a link of their performance to Mark Beagrie (markbeagrie@googlemail.com) for verification.*

Virtual runs for the 1st event can be done at any time between Friday 2nd April and Monday 5th April. This allows runners an extended 4 day timeframe in which to complete their run and have less chance of encountering other runners/people.

Hopefully by the time of the 2nd event of the series on Saturday 1st May our area will then be in Tier Level 3 and athletes will be allowed to attend the event and compete in bubbles. Latest information on future events will be communicated to club members nearer the time.

Event organisers are:

- Junior Mile – Linda McGee, Mary Milne & Barbara-Anne Needs (Covid-19)
- 3K – Mark Beagrie & Ewan McGee

For any questions or queries about the event series, please contact the above mentioned person(s). Alternatively, you can also get in contact via the PAC Members Facebook page.

2. Course Routes

Junior Mile – This run starts and finishes at roughly the same point on the tarmac path $\pm 200\text{m}$ from the entrance to the Lido caravan park. The mile course follows the path heading north towards the centre of town for $\pm 100\text{m}$, then taking a left at the path junction onto the upper path. At the end of the upper path, turn right and down on to the lower path, continuing along to finish line at the black bollards, close to where the run started.

Senior 3K – This run starts and finishes at the same point on the tarmac road near the entrance to the Lido caravan park. The course follows the path heading north towards the centre of town for $\pm 300\text{m}$ to the path junction. Continue along the lower path then turn left at the end and up on to the upper path. At the end of the upper path, turn left and run a 2nd anti-clockwise loop of the lower and upper paths. After the 2nd loop round, at the end of the upper path, continue to run back along the tarmac path towards the caravan park and the finish line.

3. Covid-19

PAC Covid-19 club co-ordinators – Barbara-Anne Needs / Mary Milne.

The Junior Mile / Seniors 3K series will be subject to change depending on what the current Covid-19 Government & Scottish Athletics requirements are at the time. All changes will be relayed to club members in plenty time prior to an event.

Junior Mile - will be ran in waves whilst the Peterhead area is in Covid-19 Tier Levels 1-3. Bubble sizes will adhere to government/SA requirements in place at the time (Ages 11 and under – max. grouping size 30) & (Ages 12-17 – max. grouping size 15).

Senior 3K - whilst the Peterhead area is in Covid-19 Tier Levels 1-3 the event will start at 11:00am. Athletes will be split into groupings. Wave groupings will start from 11:00am with a 20-minute gap until the next one sets off (max. grouping size 15). Note: *Tier level 3 where athletes aged 18+ may be in close contact for longer than 15 mins, Scottish Athletics strongly recommend enforcing physical distancing*

Entry for either the Junior Mile or the 3K will be via the PAC app prior to registration.

Juniors will be required to book onto their applicable bubble which will already be listed on the app.

NOTE

Both Juniors/Seniors are reminded to adhere to timings to arrive/depart promptly, adhere to social distancing/good hygiene and not to attend event if displaying symptoms of Covid-19.

4. Event Times

Junior Mile - Juniors who normally attend Tuesday RJT sessions will commence their run at 10:00am. Juniors who normally attend Thursday RJT & Junior Track sessions will commence their run at 10.30am.

Senior 3K – Due to start at 11:00am.

(Stated times are subject to change due to Covid-19 restrictions)

5. Registration

The booking app is an integral part of club sessions. As a result, all those wishing to attend will be required to book/pre-register their attendance on the app **prior to attending the event**. On arrival, registration will take place at the caravan park. Athletes are required to ensure that they arrive on time and continue to practise good hygiene measures and adhere to current social distancing guidelines.

Club Secretary will be responsible for ensuring that the standard PAC Register, reflecting app bookings, is made available to an assigned coach for registration on the day.

6. Additional Notes

- Everyone attending the event must adhere to the strict PAC Covid-19 guidelines on health, safety and hygiene and our PAC Covid-19 procedures. If anyone is unsure of these then our club Covid-19 co-ordinator's will be in attendance to advise.
- For both the Junior/Senior runs, marshals and a first aider will be present.
- PAC athletes are advised to stick to the left-hand side of the pathways as much as possible whilst running the route.
- As the Lido is used by members of the public, PAC athletes are asked to please be mindful of, and courteous to, any pedestrians, cyclists or dog walkers that may be using these paths whilst running the route.
- Whilst Covid-19 restrictions are in place, the senior athletes warm-up/cool-down for the event should take place well away from the course routes. Athletes should head in opposite direction from the Lido path, towards the Marina car park area for a warm-up or cool-down.

7. Prizes

There will be prizes awarded to the following athletes for both the 3K and Junior Mile.

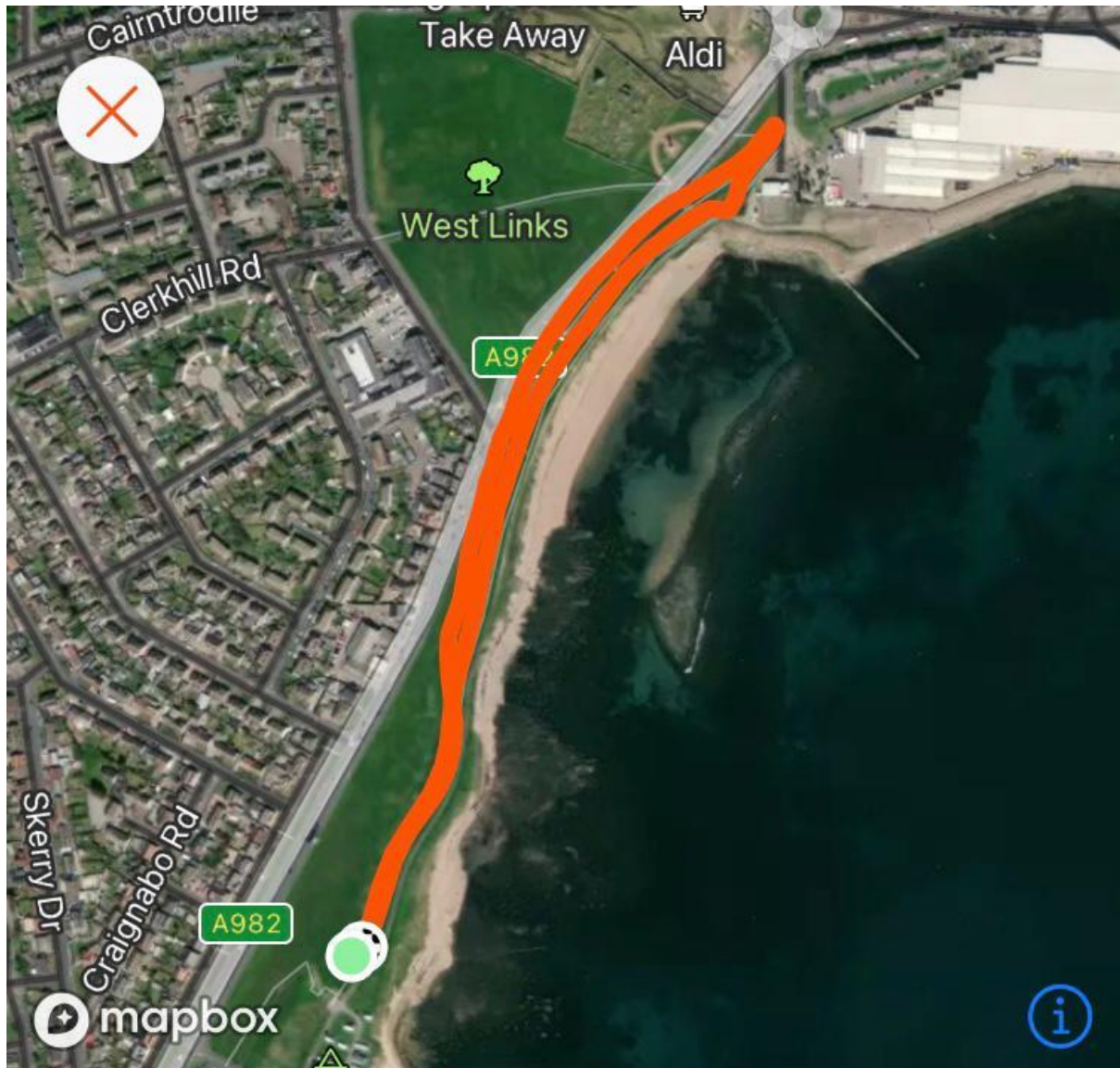
- Fastest male & female.

- Best male & female performance of the series. This will be done by converting timings into age graded percentages.
- Most improved male & female of the series. Athletes must enter at least 4 out of the 6 regular series runs to qualify for this award.

8. Appendices

Appendix I

- Junior Mile course route



Appendix II

- 3K course route

