

Oriam
SCOTLAND'S SPORTS
PERFORMANCE CENTRE

scottishathletics 

licensed event

Oriam Trail Race - SAL License 11941
Heriot Watt University, EH14 4AS
Sunday 19th September 2021

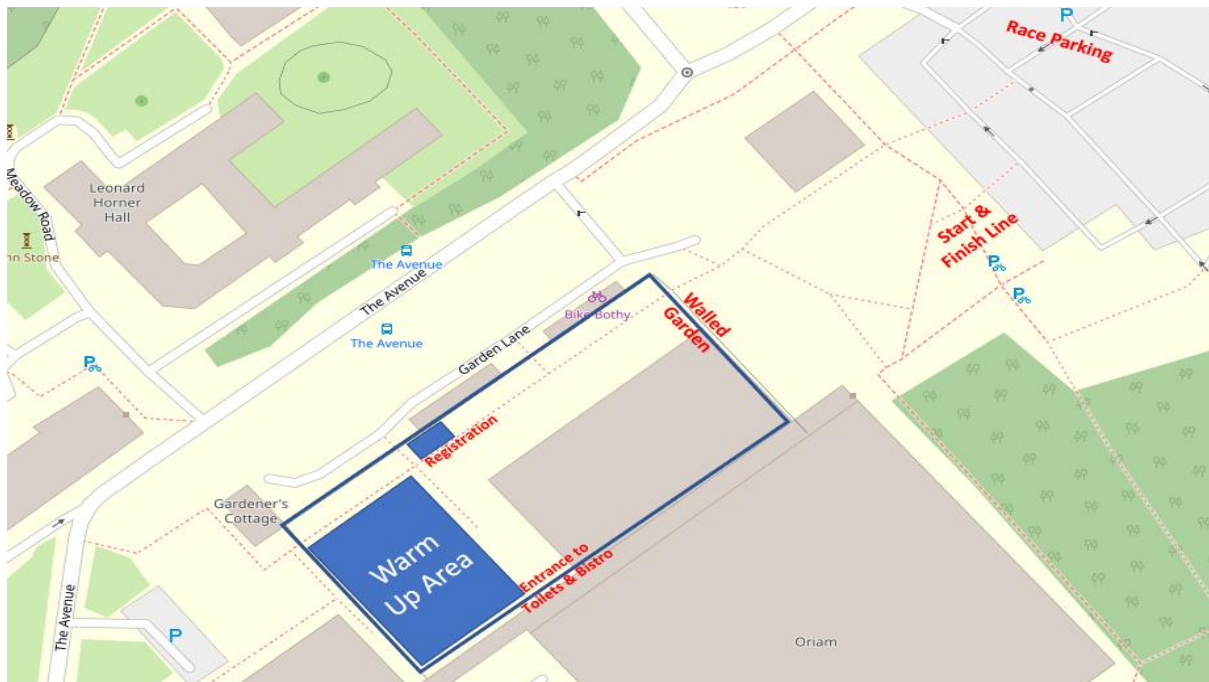
Timetable

Race	Register	Race	Distance	Route
U11 Girls	10.00am	10.30am	1.9km	A-B-C-D-E-F-G-B-A
U11 Boys	10.20am	10.50am	1.9km	A-B-C-D-E-F-G-B-A
U13 Girls	10.40am	11.10am	2.7km	A-B-C-D-H-I-J-F-G-B-A
U13 Boys	11.05am	11.35am	2.7km	A-B-C-D-H-I-J-F-G-B-A
U15 Girls	11.30am	12.00pm	2.7km	A-B-C-D-H-I-J-F-G-B-A
U15 Boys	11.55am	12.25pm	2.7km	A-B-C-D-H-I-J-F-G-B-A
U17/20 Girls	12.20m	12.50pm	4.3km	A-B-C-D-H-I-J-F-E-D-H-I-J-F-G-B-A
U17/20 Boys	12.50pm	1.20pm	4.3km	A-B-C-D-H-I-J-F-E-D-H-I-J-F-G-B-A

- Under 11 – born 1/9/2010 to 31/8/2012 inclusively
- Under 13 – born 1/9/2008 to 31/8/2010 inclusively
- Under 15 – born 1/9/2006 to 31/8/2008 inclusively
- Under 17 – born 1/9/2004 to 31/8/2006 inclusively
- Under 20 – born 1/9/2001 to 31/8/2003 inclusively

Medals will be awarded for first 3 athletes in each race.

Arrival



From the roundabout on Riccarton Mains road at the main entrance to the university grounds, drive approx. 100yds along The Avenue and park in the main Oriam car park on your left. From here make your way to the walled garden area, which is to the right of the main Oriam building.

Athletes should register at the gazebo no earlier than 45mins, and no later than 20minutes before the start of their race. They will be provided with a vest number and safety pins. Once registered, athletes should make their way to the warm-up area from where they will be chaperoned to the start line 5minutes before the start of their race.

There are toilets available in the Oriam building, access is via the entrance within the walled garden. You must wear face masks when moving around inside the Oriam building. There are **NO CHANGING FACILITIES AVAILABLE** so athletes should come ready to run with their club vests.

The Oriam gym will be open, so please be aware and courteous to its users.

Course Map



THE COURSE HAS SECTIONS OF HARDCORE & TARMAC AND IS NOT SUITABLE FOR SPIKES

After the race

Athletes should find an area away from the course to cool down. Everyone is welcome to get a coffee and cake from the Oriam TukTuk at the main entrance.

COVID 19 Information

Please read Scottish Athletics guidance: <https://www.scottishathletics.org.uk/wp-content/uploads/2021/08/scottishathletics-and-jogscotland-Covid-Guidance-V11-09082021.pdf>

We must all follow the Government Guidelines on COVID-19

1. Before you come to the event, you must stay at home if you:
 - Have been identified as a close contact of someone with COVID-19.
 - Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
 - Have been told to self-isolate as part of the contact tracing measures in place.

If the answer is yes to any of these questions then do not attend and please stay at home, unless **ALL** of the following apply:

- You are fully (double) vaccinated for more than 10 days OR are younger than 18 years & 4 months
 - Have had a PCR test that returns a negative result
 - You remain asymptomatic
2. Physical distancing & good hygiene behaviour
 - Follow Scottish Government advice on physical distancing at all times. See current guidance here <https://www.gov.scot/coronavirus-covid-19/>
 - **Wear face masks when moving around the Oriam building.**
 - Contact details will need to be given for anyone going into the Oriam building
 - Do not share food, towels, water bottles and drinks.
 - Clean your hands and equipment frequently.
 - Cover your coughs and sneezes and dispose of any used tissue in your own bag and take it home with you. Wash your hands for 20 seconds or sanitise afterwards.
 - Avoid spitting unless into a tissue which you should take home and dispose of.
 3. Races
 - There is no longer a restriction in the size of the bubbles for races, but each race is likely to be no more than 60 runners.
 4. In addition:
 - Spectating is now allowed, but please respect others space.
 - Hand sanitizer will be available to all athletes and spectators as they enter the Warm up Area and as they are leaving the Finish Area.

We hope that the measures we have put in place will keep us all safe and healthy and able to enjoy our sport. Have a great race!!!!