**THERE ARE 8 KEY RUNNING SESSIONS WHICH THE CLUB CURRENTLY HOLDS FOR ITS MEMBERS:**

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# **Monday Social Run (Commons Route)**

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| **Location / Route:** | Commons Route | **Additional Notes:** | There are pace groups from 6:30 to 8:45 minute per mile |
| **When** | Every Monday (except Bank Holidays) |  | There is also a Novice Group, pacing will be between 9:00 to 10:00 minute per mile |
| **Time:** | 19:15 to 20:15Runners should arrive 10 mins before start to warm up |  | There needs to be at least 2 Novice Group Leaders on each Social Run, one at the Front and the Back |
| **Starting / Finishing Point:** | Trinity Fields Clubhouse238 Beechcroft Rd, LondonSW17 7DP |  | Toilets are located inside the clubhouse |
| **Session / Distance:** | 5.6 Miles / 9km | **Other (Security):** | Ensure all valuables and bikes are locked in the clubhouseClubhouse doors and main gate should be locked by the Novice Group pacer or one of the other session leaders |
|  |  | **Website:** | <http://claphamchasers.co.uk/page-340100> |

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| **Date Published:** | **Assessed By:** | **Signed:** | **Review Date:** |
| **13 March 2020** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Crossing at A214 (Trinity Road) after leaving clubhouse | High | All Runners | Ensure runners cross at traffic lights. Use as a regrouping point for the Novice Group |  |
| Crossing across Bolingbroke Grove after leaving Wandsworth Common | High | All Runners | Cross after junction with Broomwood Road (where traffic lights are) as danger of cars / buses turning. Ensure you cross before right turn onto Wakehurst Road |  |
| Wakehurst Road crossings | High | All Runners | Runners need to look both right and left as there are various roads to be crossed up Wakehurst Road |  |
| Nightingale Lane roundabout | High | All Runners | Be careful at roundabout just after Clapham South tube station. Route goes downhill and is narrow so runners should stay single file where possible. Traffic lights at junction of Nightingale Lane and Bolingbroke Grove should be used as a regrouping point for the Novice Group |  |
| Be aware of pedestrians when running along pavements | Low | All Users | Stay single file / 2 abreast maximum where possible. Give way and be mindful of pedestrians |  |
| Leaving runners behind on the run in the Novice Group | Medium | All Runners | There must be at least 2 people leading the Novice Group; one at the front and one at the back |  |

# **Monday Social Run (Tooting Route)**

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| **Location / Route:** | Tooting Route | **Additional Notes:** | There are pace groups from 6:30 to 8:45 minute per mile |
| **When** | Every Monday (except Bank Holidays) |  | There is also a Novice Group, pacing will be between 9:00 to 10:00 minute per mile |
| **Time:** | 19:15 to 20:15Runners should arrive 10 mins before start to warm up |  | There needs to be at least 2 Novice Group Leaders on each Social Run, one at the Front and the Back |
| **Starting / Finishing Point:** | Trinity Fields Clubhouse238 Beechcroft Rd, LondonSW17 7DP | **Other (Security):** | Ensure all valuables and bikes are locked in the clubhouse. Doors and main gate should be locked by the Novice Group pacer |
| **Session / Distance:** | 5.6 Miles / 9km | **Website:** | <http://claphamchasers.co.uk/page-340100> |

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| **Date Published:** | **Assessed By:** | **Signed:** | **Review Date:** |
| **13 March 2020** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Beechcroft Road - Pavement can be quite narrow with trees roots and parked cars | Low | All Runners | Stay single file / 2 abreast maximum where possible. Give way and be mindful of pedestrians |  |
| Junction of Beechcroft Road / Upper Tooting Road – Busy crossing | High | All Runners | Cross at traffic lights and nowhere else. For the Novice Group, use as a regrouping point and ensure everybody has crossed before proceeding |  |
| Topsham Road / Mantilla Road - Pavement can be quite narrow with trees roots and parked cars  | Low | All Runners | Stay single file / 2 abreast maximum where possible. Give way and be mindful of pedestrians |  |
| Tooting Bec Road / Tooting Common crossing and paths in common | High | All Users | Cross at Traffic Lights before entering Tooting Bec Common. Use this as a regrouping point for the Novice Group.Stick to paths when on the Common as they are well lit. Give way to other pedestrians and try to run no more than 2 abreast |  |
| Exiting Tooting Bec Common onto Cavendish Road | High | All Runners | Runners need to look both right and left as there are various roads to be crossed along Cavendish Road. Pavements can also be narrow so caution needed. Run single file where possible |  |
| Junction of Cavendish Road with A24 – Very busy with cars coming from all directions | High | All Runners | Ensure runners cross over to right hand side of Cavendish Road before end of junction with A24 (safest place is at the zebra crossing just before Abbeville Road). At end of Cavendish Road / A24, cross at traffic lights. Use this as a regrouping point for the Novice Group |  |
| Junction of Broomwood Road and A24 (The Avenue). Runners need to cross over to left hand side of The Avenue first | High | All Runners | Ensure all runners cross at the 3rd set of traffic lights and not before then as there is no pavement on left-hand side. For the Novice Group, use this as a regrouping point |  |
| Junction with Broomwood Road and Bolingbroke Grove (top of hill) | High | All Runners | Ensure runners cross at traffic lights at end of Broomwood Road to get over to right hand side of Bolingbroke Grove |  |
| Wandsworth Common paths | Low | All Users | Stick to the footpaths and side designated for pedestrians as these are well lit (especially during the darker evenings) |  |
| Crossing A214 (Trinity Road) returning to clubhouse | High | All Runners | After exiting footpath leaving Wandsworth Common, all runners should cross at traffic lights. For the Novice Group, use this as a final regrouping point |  |
| Leaving runners behind on the run in the Novice Group | Medium | All Runners | There must be at least 2 people leading the Novice Group; one at the front and one at the back |  |
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# **Monday Social Run (Windmill Route)**

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| **Location / Route:** | Windmill Route | **Additional Notes:** | There will be pace groups from 6:30 to 8:45 minute per mile |
| **When** | Every Monday (except Bank Holidays). May to September only |  | For the Novice Group, pacing will be between 9:00 to 10:00 minute per mile |
| **Time:** | 19:15 to 20:15Runners should arrive 10 mins before start to warm up |  | There needs to be at least 2 Novice Group Leaders on each Social Run, one at the Front and the Back |
| **Starting / Finishing Point:** | Trinity Fields Clubhouse238 Beechcroft Rd, LondonSW17 7DP | **Other (Security):** | Ensure all valuables and bikes are locked in the clubhouse. Doors and main gate should be locked by the Novice Group pacer |
| **Session / Distance:** | 5.2 Miles / 8.5km | **Website:** | <http://claphamchasers.co.uk/page-340100> |

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| **01 January 2018** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **12 January 2020** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Starting Point at clubhouse – crossing to other side | Low | All Runners | Ensure runners cross at island and not near roundabout with junction at Beechcroft |  |
| Crossing from Windmill to B234 (over A214) | Medium | All Runners | Ensure runners cross at traffic lights and stay on right hand side |  |
| Wandsworth Common | Low | All Users | Stick to the footpaths and side designated for pedestrians as these are well lit (especially during the darker evenings) |  |
| Crossing A214 (Trinity Road) returning to clubhouse | High | All Runners | After exiting footpath leaving Wandsworth Common, all runners should cross at traffic lights. For the Novice Group, use this as a final regrouping point |  |
| Leaving runners behind on the run in the Novice Group | Medium | All Runners | There must be at least 2 people leading the Novice Group; one at the front and one at the back |  |
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# **Tuesday Track**

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| **Location / Route:** | Millennium Arena (Battersea Park Track)Battersea Park | **Additional Notes:** | There will be at least 3 different pace groups depending on ability (this may become 4 depending on size of the groups) |
| **When** | Every Tuesday (except Bank Holidays) |  | First Aiders inside Millennium Arena |
| **Time:** | 19:15 to 20:15Runners should arrive 10 mins before start to warm up or have done a warm up prior |  | Toilets inside Millennium Arena |
| **Starting / Finishing Point:** | 200m start line, just inside the track at Millennium Arena |  |  |
| **Session / Distance:** | Varies depending on the time of year as sessions will be focussed to target different disciplines (XC, Half Marathon & Marathon and Road Running – 5k & 10k) | **Other (Security):** | Valuables should be left in lockers inside changing rooms (£1 refundable)  |
|  |  | **Website:** | <http://claphamchasers.co.uk/track> |
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| **13 March 2020** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Risk of pulling a muscle / injury if people are not warmed up | Low | All Runners | Ensure runners arrive 10 minutes before session and do a warm up by jogging / dynamic stretches around outside of track. If runners arrive “late”, tell them to take first rep easy |  |
| Pace groups are too big | Low | All Runners | Ensure that pace groups are split into a manageable size (no more than 15). If necessary, have 4 groups |  |
| Track etiquette | Low | All Users | Runners should keep to the inside lane as much as possible (only going into lane 2 for overtaking). Runners should get off the track as soon as rep has finished. Runners should also look out when crossing the track |  |
| Wet / Icy track surface | Medium | All Users | Runners to take extra care if surface is wet / slippery / icy |  |
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# **Tuesday Pre-Track**

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| **Location / Route:** | Battersea Park, outside Millennium Arena | **Additional Notes:** | Session is managed by two leaders  |
| **When** | Every Tuesday (except Bank Holidays) |  | First Aiders inside Millennium Arena |
| **Time:** | 18:45 to 19:15  |  | Toilets inside Millennium Arena but also couple of other locations around the Park |
| **Starting / Finishing Point:** | Battersea Park, outside Millennium ArenaWinter session held either in Millennium Arena [closed] car park or in wide area by roundabout for exhibition centreSummer session held on grass by central avenue | **Other (Security):** | Valuables should be left in lockers inside changing rooms (old £1 coin which is refundable)  |
| **Session:** | Focus on running drills and mobility | **Website:** | n/a |

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| **Date Published:** | **Assessed By:** | **Signed:** | **Review Date:** |
| **13 March 2020** | **Cathryn Rees** | **CATHRYN REES** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Risk of pulling muscles / injuries if people are not warmed up | Low | All Runners | Sessions start gradually with aim of warming athletes up as they progress through the session. Advanced techniques are introduced as individuals progress and leaders stop and correct athletes where mismatches to the ideal are identified |  |
| Other park users | Medium | All Users | Session is location can be moved depending on space available for session and number of athletes. Athletes advised to be aware of other park users and keep left when using main park roadsAthletes advised to be mindful of parked cars |  |
| Wet / Icy road surface | High | All Users | Runners to take extra care if surface is wet / slippery / icyAlternative location to be used where necessary |  |
| Lighting in Park | Medium | All Users | Park is generally well lit but needs to be reviewed on a regular basis during the winter months (Nov to Feb) |  |
| Inclement weather | High  | All Users | Athletes asked to come with appropriate clothing. Session includes more active movement in colder months to ensure athletes stay warm. Meeting point moved inside in very cold or wet weather |  |

# **Wednesday Hills (Various Routes)**

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| **Location / Route:** | Northcote Road, ClaphamMagdalen Road, EarlsfieldHome Park Road, WimbledonThe Tonsleys, Wandsworth Town | **Additional Notes:** | Starting Point may differ depending on session:Cobham Close, SW11 (Northcote);Home Park Road (Home Park Road)Birdhurst Road (The Tonsleys) |
| **When** | Every Wednesday (except where there is a midweek race on such as Wimbledon Trail Series, Bridges Relay or Richmond Park Relays) |  |  |
| **Time:** | 19:15 to 20:15Runners should arrive 10 mins before start to warm up |  |  |
| **Starting / Finishing Point:** | Meet at the clubhouse for most sessions:Trinity Fields Clubhouse238 Beechcroft Rd, LondonSW17 7DP | **Other (Security):** | If starting at the clubhouse, ensure all valuables and bikes are locked in the clubhouse. Clubhouse doors and main gate should be locked by one of the Leaders.If not starting at the clubhouse, runner will leave bags at the starting point and will be looked after by a volunteer (but still left at the owner’s risk). |
| **Session / Distance:** | Varies but will typically either be Switchbacks or Sprints | **Website:** | http://claphamchasers.co.uk/page-1855824 |

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| **13 March 2020** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Risk of pulling muscles / injuries if people are not warmed up | Low | All Runners | Ensure runners arrive 10 minutes before session and do a warm up by jogging / dynamic stretches around outside of track. If runners arrive “late”, tell them to take first rep easy |  |
| Pace groups are too big | Low | All Runners | Ensure that pace groups are split into a manageable size (no more than 15). If necessary, have 4 groups |  |
| Other Pedestrians / Road Users | High | All Users | Keep to left hand side of pavement and single file where possible. Try to avoid running on the road where possible |  |
| Northcote Switchbacks – Northcote Road Junctions (various) | High | All Users | Runners should slow down and be vigilant of road traffic at junction of Northcote Road as there is often no designated crossing |  |
| Magdalen Road – Various junctions | Medium | All Runners | Stay on left hand side of road when going up and down hill (next to cemetery) |  |
| The Tonsleys – Narrow pavements and parked cars | Medium | All Runners | Runners should be mindful of parked cars along Birdhurst Road. Try to stay in single file, at least no more than two abreast |  |

# **Team 10k**

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| **Location / Route:** | Battersea Park, outside Millennium Arena | **Additional Notes:** | There will be two main pace groups (run/walkers and continuous runners) and these are led by volunteers who guide the participants through the park. The session is split into three parts, active warm up, drills and intervals. The warm up and drills are led or supervised by a coach |
| **When** | The programme is 10 weeks long, each spring and Autumn  |  | First Aiders inside Millennium Arena |
| **Time:** | 19:15 to 20:30 (depending on length of session)Runners should arrive ready to start at 19:15 start |  | Toilets inside Millennium Arena but also a number of other locations around the park during daylight hours |
| **Starting / Finishing Point:** | Either: * Battersea Park, outside Millennium Arena
* Some sessions are combined with Wednesday Hills
* On track inside Millennium Arena
 | **Other (Security):** | Valuables should be left in lockers inside changing rooms (old £1 coin which is refundable)  |
| **Session / Distance:** | Varies depending on the week in the programme | **Website:** |  |

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| **13 March 2020** | **Cathryn Rees** | **CATHRY REES** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Risk of pulling muscles / injuries if people are not warmed up | Low | All Runners | Active warm up targets main muscle groups and prepares runners for interval part of the session. The programme gradually introduces more difficult sessions as runner’s endurance improves. The volunteers and leaders look out for potential issues, listening to participants and watching them |  |
| Pace groups are too big | Low | All Runners | Ensure that pace groups are split into a manageable size (no more than 15) and that a volunteer is able to lead each group |  |
| Other park users | Medium | All Users | Keep to left hand side of central avenue for active warm up and around the park where necessary. Beware of cyclists and let them pass on the outside. Use path along river when other events are being held in the park |  |
| Wet / Icy road surface / storm debris | High | All Users | Runners to take extra care if surface is wet / slippery / icy / covered in obstacles |  |
| Lighting in Park | Medium | All Users | Park is generally well lit but needs to be checked prior to session staring. Route through the park not used in the winter months  |  |

# **Thursday Tempo**

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| **Location / Route:** | Battersea Park, outside Millennium Arena | **Additional Notes:** | There will be at least 3 different pace groups depending on ability running small, medium or big laps |
| **When** | Every Thursday (except Bank Holidays) |  | First Aiders inside Millennium Arena |
| **Time:** | 19:20 to 20:30 (depending on length of session)Runners should arrive at 19:15 for a 19:20 start |  | Toilets inside Millennium Arena but also couple of other locations around the Park |
| **Starting / Finishing Point:** | Battersea Park, outside Millennium Arena | **Other (Security):** | Valuables should be left in lockers inside changing rooms (old £1 coin which is refundable)  |
| **Session / Distance:** | Varies depending on the time of year as sessions will be focussed to target different disciplines:January to April: Half Marathon & MarathonsMay to September: 5k & 10kOctober to December: Cross Country | **Website:** | <http://claphamchasers.co.uk/tempo>  |

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| **13 March 2020** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Risk of pulling muscles / injuries if people are not warmed up | Low | All Runners | Ensure runners arrive 10 minutes before session and do a warm up by jogging / dynamic stretches. If runners arrive “late”, tell them to take first rep easy |  |
| Pace groups are too big | Low | All Runners | Ensure that pace groups are split into a manageable size (no more than 15). If necessary, have 4 groups |  |
| Other Park users | Medium | All Users | Keep to left hand side of road around the Park where possible. Beware of cyclists and let them pass on the outside |  |
| 4x Road Barriers | High | All Users | Runners should pass closed barriers through opening on left hand side and in single file only. Give way to pedestrians first |  |
| Wet / Icy road surface | High | All Users | Runners to take extra care if surface is wet / slippery / icy |  |
| Lighting in Park | Medium | All Users | Park is generally well lit but needs to be reviewed on a regular basis during the winter months (Nov to Feb) |  |

# **Sunday Long Run (Marathon Club)**

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| **Location / Route:** | 4 different routes:1. Thames Towpath
2. Royal Parks
3. Richmond Park
4. Wimbledon Common w/ Richmond Park
 | **Additional Notes:** | There will be at least 2 or 3 different pace groups depending on ability and what time runners are aiming for in the marathon. There should also be at least 1 leader for each pace group who should know the route |
| **When** | Sundays  |  | All runners should sign up to the Marathon Club and Facebook Messenger groups beforehand so are aware of any last-minute changes |
| **Time:** | 9:15am (but subject to last minute changes) |  | All runners should take an Oyster Card, Mobile Phone and money in case of emergency |
| **Starting / Finishing Point:** | 1. Thames Towpath – Wandsworth Town train station
2. Royal Parks – Battersea Park (Bodylogic studios in Battersea and outside Millennium Arena)
 | **Starting / Finishing Point:** | 1. Richmond Park - Roehampton Gate
2. Wimbledon Common w/ Richmond Park – Wandsworth Town train station
 |
| **Session / Distance:** | Varies as depends on duration and pace of group runners are in | **Website:** | http://claphamchasers.co.uk/page-1855807  |

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| **13 March 2020** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Other Pedestrians / Road Users | Low | All Users | Keep to left hand side of pavement / path, single file where possibleOn towpath, no more than two abreast. Also, be aware of rowers and their boats |  |
| Pace groups are too big | Low | All Runners | Ensure that pace groups are split into a manageable size (no more than 15). If necessary, have 4 groups |  |
| Runners getting lost | Low/ Medium | All Runners | Session organiser to ensure that there is at least one person in each pace group who knows route |  |
| Correct Equipment / Gear | Low | All Runners | All runners should wear correct footwear and have appropriate clothing depending on route and conditions.  |  |

# **Weekend Trail Run**

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| **Location / Route:** | Varies – See Facebook group posting for specific details | **Additional Notes:** | Must be at least 1 experienced trail runner who knows the route and is comfortable leading a group |
| **When** | Saturdays or Sundays (all year round) |  | Small first aid kit should be carried at all times by at least the leader and preferably by at least one runner also |
| **Time:** | Varies – See Facebook group posting for specific details  |  |  |
| **Starting / Finishing Point:** | Varies – See Facebook group posting for specific details |  |  |
| **Session / Distance:** | Varies – See Facebook group posting for specific details | **Website:** | <http://claphamchasers.co.uk/run/trail>  |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Correct Equipment / Gear | High | All Runners | All runners should wear proper trail shoes and not road shoes. Runners should have a backpack with warm / dry clothes, waterproof jacket, mobile phone, food / drink and spare money  |  |
| Pace groups are too big | Low | All Runners | Ensure that groups are split into a manageable size (no more than 10). If more than 10, need to have two experienced runners on the run (one for each group) |  |
| Route Planning | High | All Runners | Leader should plan the route with appropriate dropping out points (local train stations) and ensure the route caters for all abilities of runners |  |