

In light of the recently cancelled Stromness Shopping Week 10km race, Orkney Athletic Club are pleased to offer another Virtual 10k on the weekend of the 24th-26th July. The 10km race will be completed as a solo road run at anytime during the stated weekend.

We must be very clear that this event is subject to Government guidelines and social distancing advice. We are aware that restrictions may change in the coming weeks and rules will be amended as these become more clear.

Runs must be completed with only the permitted number of people/households as indicated by current Scottish Government guidelines. Athletes are asked to observe a 2m distance at all times, and 5m distance if running in single file.

Entry for the race is free and open to non-club members and submitted to Ian Sutcliffe at iansutcliffe@outlook.com by Wednesday 22nd July.

The Virtual 10k is to be completed between 00.00am on **Friday 24 July** and 11.59pm on **Sunday 26th July**.

Data from fitness trackers to be submitted to Ian by 9am **Monday 27th July**, and results will be published later that week.

*This virtual event is open to U20, Senior and Masters athletes only.

*It is one attempt per person and routes with significant negative elevation will not be counted. Athletes should avoid popular walking routes and busy parks.

RULES:

All government guidelines in regards to Social Distancing must be strictly adhered to, any changes to these guidelines will be implemented immediately.

Runs can take place anywhere in Orkney, not just in Stromness.

Social Distancing!

Athletes **MUST** avoid popular running/walking routes or busy parks.

Be considerate to other people by keeping a minimum of **2m distance** at all times when passing.

Scottish Government Guidelines are ever changing, so we ask that you are aware and adhere to the social distancing guidelines at the time of the race.

SAFETY

All participants must be responsible for their own safety and as a minimum should adhere to the following suggestions –

- Plan your route in advance
- Let someone know when you expect to be back – contact them to check in when you return

- All participants should carry an ICE (In Case of Emergency) card with your name, address, any medical information and an emergency contact number.