

# North East Run Jump Throw – 19<sup>th</sup> September at Wentworth Leisure Centre, Hexham

Please see below all final info for this Saturdays meeting. After lots of worries regarding the local restrictions that have been put in place for Northumberland, we are delighted to be able to continue with the event in a safe manner, in accordance with all guidelines. Please note the entrance to the track will be via a side gate near the finish line. There will be no results/presentations at the event, but they will be published in the evening, and over the following days all athletes will receive a personalised digital certificate with their results.

Any questions or queries please contact Daniel – [d-bradley-njai@hotmail.co.uk](mailto:d-bradley-njai@hotmail.co.uk) 0772 563 4387

It is mandatory that every person in attendance completes this form. If you do not complete the form, you will not be permitted on-site.

<https://forms.gle/nP7F7FMEhJ5M9Qsr9>

There will be numerous hand sanitisation stations on-site and in the bubble holding areas. We also recommend athletes bring their own hand sanitiser. Social distancing must be maintained at all times.

Please read the information on this link:

<https://www.tynedaleharriers.com/wp-content/uploads/2020/09/Athlete-Information-and-Timetable-Pentathlon.pdf>

This is specific to the pentathlon but also relevant to our U11 competition, and includes lots of info on parking, toilets etc.

The timetable detailed below should be used as a guide only and is subject to change/delays

<b>Bubble 1</b>	<b>Bubble 3</b>
Arrive at Registration (11:55 sharp)	Arrive at Registration (12:05 sharp)
75m (12:30)	75m (12:40)
Howler (12:40)	Standing Long Jump (12:55)
Standing Long Jump (13:30)	Howler (13:30)
600m (14:05)	600m (14:15)
<b>Bubble 2</b>	<b>Bubble 4</b>
Arrive at Registration (12:00 sharp)	Arrive at Registration (11:50 sharp)
75m (12:35)	Howler (12:15)
Howler (13:05)	75m (12:45)
Standing Long Jump (13:45)	Standing Long Jump (13:10)
600m (14:10)	600m (14:00)

**Registration** – Please arrive at the time specified on the timetable above. Please bring safety pins. Number bibs will be issued at reception.

**Volunteers** – Thank you to all who have offered to volunteer. You will be contacted separately to discuss roles, timings etc. Please ensure you have registered on above link.

**Spectators** – Each young athlete will be permitted to be accompanied by ONE spectator. After the meeting athlete/spectator should leave track as soon as possible.

**Athlete “bubbles”**- Our 32 athletes will be split into 4 bubbles of 8 athletes each. These bubbles will remain together throughout the event and will be led and supervised by a volunteer throughout. Please see bubbles below:

Number	First name	Surname	Club	Bubble
1	Caitlin	Creaby	Blyth	1
2	Amara	O'Callaghan	Blyth	1
3	Evie	Fishwick	Derwentside	1
4	Laila	Pipe	Derwentside	1
10	Max	Cummings	North Shields Poly	1
11	Luke	Cummings	North Shields Poly	1
12	Eliash	Willis	Allerton	1
13	Elliot	Mee	Gateshead	1
14	Célia	Zézé	Chester-le-Street	2
15	Taylor Jett	Millier	Chester-le-Street	2
18	Spencer	Dale	Phoenix Flyers	2
21	Finley	Mollon	Phoenix Flyers	2
22	Connor	Mitchell	Blyth	2
27	Oscar	Pichler	Blyth	2
33	Poppy	Graham	Birtley	2
34	Katy	Pang	North Shields Poly	2
35	Peggy	Attwood	Allerton	3
39	David-Patrick	Cardie	Allerton	3
41	Annie	Reed	Allerton	3
45	Nieve	Greenan	Hartlepool	3
46	Neve	Watson	Hartlepool	3
47	Shay	O'Gara	Wallsend	3
48	Theo	Robinson	Chester-le-Street	3
51	Oscar	Burton	Derwentside	3
52	Alyssa	Keogh	Phoenix Flyers	4
54	Sian	Gowdy	Phoenix Flyers	4
55	Alicia	Purvis	Alnwick	4
56	Noah	Williamson	Birtley	4
61	Ed	Moon	Birtley	4
62	Cash	Iley	Hartlepool	4
63	Oliver	Turner	Hartlepool	4
65	Spencer	Rochester	Phoenix Flyers	4

**Event format** – all athletes will compete in 75m, 600m, standing long jump and howler throw (athletes are welcome to not take part in anything they do not want to do).

**75m Sprint** – 4 athletes per race, run in accordance with UKA guidelines

**600m** – 8 athletes per race. Immediate break at 200m start

**Howler Throw** – athletes to bring own howler if they have them. Howlers provided by use will be fully cleaned between “bubbles”, and only used by the same athlete within each bubble.

**Standing Long Jump** – We intend to use one of the sand pits, which will be raked and turned in accordance with guidelines.

Again, a reminder that you MUST complete this form for everyone in your group that is attending:

<https://forms.gle/nP7F7FMEhJ5M9Qsr9>

