

Since March 2020 we have been living with Covid. At this stage everyone should be coming to terms with it and how to keep safe. We in Tipperary AAI will be ensuring that everything we are doing will comply with the up-dated regulations from Athletics Ireland. On June the 27th we will be holding our first Road Championship, hosted by Moyne AC. What we will have in place for this will be the same for all other road Championship Races unless we see more positive ways of making it safer. Moyne AC has already run two events during the Covid restrictions and the County has run two Track and Field Championships. These events were highly successful and complied diligently with all relevant guidelines. Outlined below are the relevant guidelines for our Road Championships :

- ✓ Everyone will have the Covid Declaration Form filled in before coming to any race. This is for officials as well as the athletes. Anyone who answers “no” to any of the questions should not turn up.
- ✓ Every athlete will come ready to compete.
- ✓ Every athlete will have their own sanitizer, drink and food in their own holdall or bag and will not share with anyone else.
- ✓ Every athlete will socially distance by 2m from everyone else or wear a buff / neck scarf. Face mask or shield are not acceptable.
- ✓ Numbers will be collected at the finish line by one member of each club, who will distribute the correct number to each runner in their club. The race secretary will not open any envelope or accept a return of any number.
- ✓ All athletes will come to the finish line in time for their race and will socially distance or wear a buff / neck scarf, which can be pulled down just before off.
- ✓ At the start, all athletes must socially distance away from the start line. The starter will whistle up the start within 30sec and blow the whistle on the start time. Anyone late for their race can go to the start line and join in afterwards.
- ✓ As the race finishes, and all athletes go through the finish line, each athlete must leave as soon as possible. There will be no socialising.
- ✓ The first 3 athletes across the line will receive their individual medals near the finish line. To do this, the athletes will stand 2m apart and wear their buff / neck scarf again.
- ✓ For the County Novice, the ladies will start at 11:30am and the men at 12:30pm. The women should have dispersed before the men’s race starts.

The cups and team medals for the County Novice will be presented at the County Novice “B” in Templemore. Each Championship race will have their team medals and cups presented at the race after. By complying with the guidelines as well as using common sense, we will have other road races and competition to take us into the cross-country season. We would like to wish every an enjoyable, safe and sporting Road Championship.