

ENVIRONMENTAL UPDATE FEBRUARY 2020

The North Downs Run Committee has been looking at ways of improving our environmental performance for the 2020 race.

As you may already be aware, the race is planned & organised by a team of volunteers and is not a profit-making venture.

Nevertheless, we have appointed a dedicated member of the committee to lead this work - including carrying out an impact assessment looking at where we can make changes. And, as a committee, we have spent many many hours discussing the issues covered below and investigating potential solutions.

As with everything, it is going to have to be a 'work in progress' but we are committed to doing whatever we can, whilst ensuring the safety of runners, and the enjoyment and affordability of the race.

Specific areas we have looked at:

RACE VILLAGE/HQ

✓ We will not be providing a plastic bottle of water at the end at the finish which will remove around 650 plastic bottles. Rest assured, however, water will still be available at the finish

✓ We will have recycling points in the race HQ and Village to encourage runners to recycle their envelopes, plastic bottles and food waste

✓ The free cakes - which the race is famed for - are already pretty environmentally friendly – locally produced and generally transported to site in reusable cake tins 🍰

GOODIE BAGS

We still have a supply of plastic bags which we intend to use until they are exhausted and we will remind runners to reuse/recycle in our race instructions

✓ Our gift has been chosen with the environment in mind – any more info at this stage would be giving away too much information ☐ 😊

✓ We have asked our manufacturers to supply t-shirts and medals in bulk rather than individual plastic wrapping 🙌 👕

✓ We also intend to have a disposal point so that any unwanted t-shirts/food items can be deposited. T-shirts will be used at other events or donated to charity. Food items will be donated to a food bank

THE COURSE

✓ We feel it is essential to mark out the course and identify trip hazards, overhanging branches etc. However, the paint we use is water soluble.

✓ We will be instructing the sector marshals to use tape sparingly but again, we feel this is essential for the safe running of the race and, as yet, have not found a suitable alternative. We will try to salvage longer lengths for re-use and are looking at using rope rather than plastic in some areas. All signage and marshals' vests are re-used from year to year.

✓ The course is walked shortly after the run and any tape/sponges/rubbish (including a lot that isn't ours!) collected

WATER STATIONS

✓ We will encourage all runners to bring their own water to reduce the amount we have to supply. However, we recognise this isn't enough - hence the measures below.

✓ We have looked at various options for biodegradable or recyclable cups but at present our local recycling facilities cannot process these. Biodegradable cups take longer than their 12 week composting window, and they cannot separate the lining which any paper cup has to have to hold water. We do not want to mislead people by providing a 'green' cup which in fact will end up in general waste. However, we are still pursuing lines of enquiry and would welcome any suggestions about disposal – not provision – that's the easy bit! We also still have quite a large supply of plastic cups which we will be using up.

✓ We have decided to only use sponges at two water stations in a bid to reduce their use. This will be indicated in the race information. However, water/hoses will still be available. We have a stock of sponges so will not be buying any and are aiming to collect them and wash them – we have conducted an experiment and think it is feasible.