

Autumn / Winter Training Venues

From the beginning of October to the start of British Summer Time, Runners-next-the-Sea meet on alternate weeks in Fakenham and Wells. The venues are chosen to facilitate an interesting and safe training experience for the club members.

The venues for Autumn and Winter training are risk assessed based on the following factors. All other risk control measures identified with Autumn and Winter training still apply.

Risk	Potential Harm	Who might be harmed	Control of risk
Dark nights, poor visibility increases the risks of <ul style="list-style-type: none"> • collisions with others and obstacles. • Slips, trips and falls on uneven or icy surfaces 	Collisions. Slips, trips and falls.	Runners, pedestrians and road users	<ul style="list-style-type: none"> • Choice of venue with street lighting. • Choice of venue with good road surface (checked for potholes, loose stones, raised drain covers / inspection chambers etc). • If on arrival at a chosen venue the group leader considers the lighting or road surface to be compromised they may relocate to an alternative venue.
Traffic at session venue	Collisions	Runners and road users	<ul style="list-style-type: none"> • Choice of venue on quiet side roads. • Availability of pavements
Wet leaves and fallen branches	Slips, trips and falls	Runners	<ul style="list-style-type: none"> • Choice of venues with street lighting. • Pre check of venues surrounded by trees.

The training venues in Fakenham and Wells have been specifically chosen to meet the requirements of the identified risks

	Street Lighting	Side Road	Pavement Available	Road Surface	Trees	Venue Specific Comments
Fakenham Venues						
Heath Rise	Yes	Yes	Yes	Good	Few	
Industrial Estate	Yes	Yes	Partial	Good	No	Many business closed in the evening, so reduced traffic. Level acceptable
Field Lane	Yes	Yes	Yes	Good	Yes	Caution under the trees at the bottom of the hill where leaves accumulate.

Sandy Lane	Yes	Yes	No	Good	Few	Caution with traffic as no pavement. Only take smaller groups to minimise risk of traffic problems
Sculthorpe Road	No	Closed to traffic	Closed to traffic	Good	Few	Use of torches to compensate for lack of lighting
North Drive Loop	Yes	Yes	Yes	Good	No	Caution with traffic emerging from driveways and running out onto busier road
Rudham Stile Lane	Yes	No	Yes	Good	No	
Wensum Grange	Yes	Yes	Yes	Good	Few	Only small groups to minimise disruption to residents. Caution with residents in and out of driveways.
Lee Warner Avenue	Yes	Yes	Yes	Good	Few	Caution due to parked cars on road but it's a closed loop so minimal traffic.
Wells Venues						
Staithe Place	Yes	Yes	Yes	Good	Few	
Waveney Close	Yes	Yes	Yes	Good	Few	
Maryland	Yes	Yes	Yes	Good	Few	
Northfield Avenue / Knitting Needle Lane	Yes	Yes	Yes	Good	Few	
Northfield Avenue	Yes	Yes	Yes	Good	Few	
Northfield Way	Yes	Yes	Yes	Good	Few	
Buttlands	Yes	Yes	No	Good	Yes	Can be busy during holiday periods. Leaves can be abundant at certain times. Venue to be checked before use.
East End	Yes	Yes	Partial	Good	No	Cul de Sac with limited traffic. Level acceptable.