



# The Doynton HARD HALF Marathon

19 January 2020

Emersons Green Running Club



## Our impact on the environment

As you may be aware from previous years, we take our environmental responsibilities seriously here at DHHM. We're nowhere near as cool as Greta Thunberg (yet), but that doesn't mean we can't try to make our race a bit greener while still providing a fun day out. We will have about 500 runners, 100+ volunteers and a fair few spectators on race day, all of whom can play their part in keeping the footprint of the race to a minimum.

## What you can do

- **CAR SHARE!!!** It's sociable, fun, better for the environment and also helps to lower anxiety in our car park crew. If there's a big group of you coming from one club or area, filling a minibus could be good. Imagine the singalongs! We'd even give you a **special parking space next to event HQ**. Bingo. Additional bonus points are available for those who electric car share, and if the race is a tie, it'll count in your favour.
- **BYOB!!!** Even though our non-plastic cups are ace, we can still do better. We encourage runners to bring their own reusable bottles/cups/camelback and we'll gladly refill them for you at our on-course pubs (and at HQ too).
- **Stick to the race route.** This is more of a strict rule than a suggestion, but it has environmental benefits. If runners cut corners, jump fences etc., this causes more damage than if we all follow one line (obviously that line will be temporarily damaged by footfall, but it's less than if we all charge 17-abreast across Mr McGregor's cabbages).
- **CAR SHARE AGAIN!!!** It really is the biggest way for you to reduce your personal footprint on race day.

## What we're doing that's new

Not to be accused of resting on our laurels (partially because we lack laurels) we aim to improve the race's footprint with each event. Here's a glimpse of what we might be up to this time around...

- There's a rumour about **medals** (*author rolls eyes – he has anti-medal feelings*). These ones **won't be cheap landfill nonsense** though... They'll be beautiful wooden things, providing a nice race memento which won't contaminate the food chain if disposed of. Yay!
- We had recycling points at HQ last year... but they could've been slightly better! So this year they will be, and you'll have **no excuse for not using them** 😊
- We are aware that most runners already have a wardrobe bursting with technical fabrics in a rainbow of colours. This inevitably leads to waste. We'll have the usual high quality t-shirts in 2020 to honour commitments to our sponsors, but we are reviewing future race mementos. Runner feedback is particularly welcome on this.

- Our carpark shuttle buses seemed to work quite well last time round, so this year we're greening them up a bit by trying a **special new fuel made from cow mud**. I'm sure the hire company won't mind.
- We've invited a special guest to officially start the race. **David Attenborough is an avid Doynton fan\*\*\*** and we'd hate to make him sad. Imagine being able to tell Sir David that you'd car shared AND brought your own refillable bottle. He'd probably high 5 you.

*\*\*\*We can neither prove nor disprove this statement*



## What we've been doing (and will continue to do)

Over the years we've been improving the way we do things. Sometimes by design, and sometimes by accident. Here's a non-exhaustive list...

- Our water/food stops (which weirdly evolved into pubs) are lovingly made from old pallets, and re-used annually. We provide water or beer (it's alcohol-free, so won't ruin dry January) in cups made from **plant-based plastic**. These will harmlessly rot down, and not pollute the food chain.
- The aforementioned cups are filled in-situ, which significantly **reduces wastage** and also **reduces the carbon emissions** of transporting, collecting and recycling 2000 full plastic bottles.
- **Paper goody bags** are back! They work just as well as plastic ones, and **can be re-used** as gift-bags, silly hats, scrap paper... We also aim to bring you useful items from our sponsors in said goody bag, rather than supplying the usual land-fill fodder.
- We work with **local suppliers**, reducing carbon emissions from transport, while supporting local businesses.
- **Surplus t-shirts** from previous races have been donated to local schools to use as painting tops (now the messy wee blighters look stylish while art-ing). A few of the brighter shirts have also made it into our course signage.



## I'm a cynic and doubt that small actions can have far-reaching positive outcomes

Most people are a bit cynical, and it is healthy to question what you read/hear, but in this case, we respectfully disagree. To give one example; if the 500 runners at DHM collectively use 2000 less (4 each) plastic cups then that's a measurable positive outcome. If this happened at London Marathon, and the 40,000 runners managed to avoid using 200,000 (they can have 5 each, as it's *slightly* further) single use plastic bottles/cups/gels then that'd be pretty cool too. Every weekend there are hundreds of races across the country and things start to add up rather swiftly. Recycling is a last resort, not a solution, as it avoids the root cause of the problem; overconsumption promoted by capitalism... but that's probably a debate for elsewhere!

## Your suggestions

We warmly welcome any input you have regarding the environmental impact (or any other aspect) of the race. Please contact via email, Facebook or any other sensible way you can think of. Our primary aim is for you all to have a great (and muddy) day out, which we'd love to do while minimizing our impact on the environment. We acknowledge that there are always ways to improve, and are in no way suggesting that we're perfect. We've learned a few bits from other races over the years, and hopefully other races can learn a bit from us too.

Many thanks and kind regards,  
 Chris Hemsley - 2nd Assistant to the Chief Environmental Advisor  
 on behalf of  
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