



Race rules

To ensure your time is recorded please run/walk over the start timing pad and end timing pad.

Please be aware of other runners, walkers and prams and keep a COVID-safe distance at all times.

Please utilise your head torch or hand torch at all times. There will also be a number of bends and changes to ground conditions, including changes to track (grass, gravel, concrete path) and undulating ground surfaces.

Please run/walk alongside the fluoro/glow ground lights at all times, as this is the safest course path to follow.

Whilst running or walking, if you are experiencing any difficulties and would like assistance, please signal for assistance.

Participants are encouraged to stop and render assistance in the case of an accident/incident. Please report any accident/incidents to the nearest track marshal and they will call for assistance.

Track marshals are located around the course and on each hole. All marshals are wearing a fluoro vest. You must obey all directions from the track marshals.