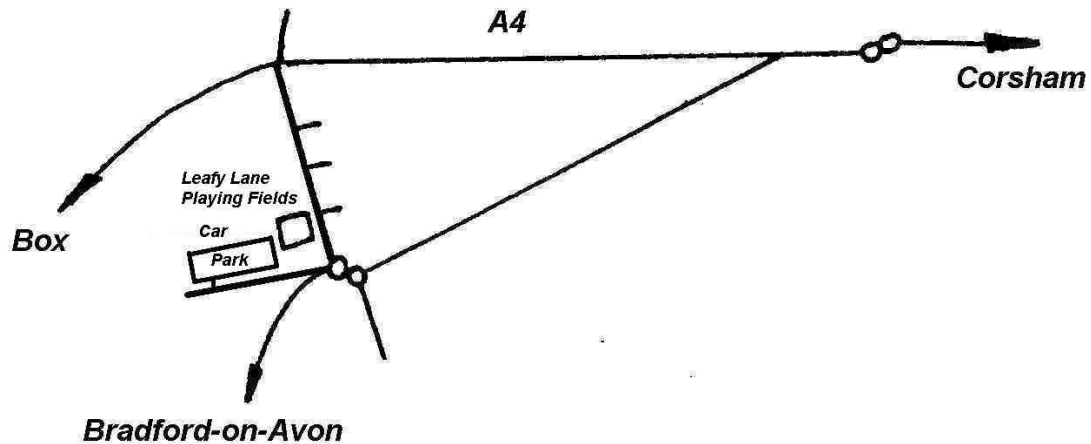


PRE-RACE INFORMATION



Registration to collect Chip and number 8am to 9:15am **ESSENTIAL**

Congregate in car park at 09:50 hours for race brief.

1. **PARK CARS ONLY IN CAR PARK – NOT IN LEAFY LANE OR SURROUNDS. OTHERWISE THE RACE WILL BE CANCELLED!**
2. En-masse jog to start area following race brief at 09:50 hours.
3. On the way to start follow instructions of marshals, particularly when crossing main A4 (busy road).
4. Prizes for 1-3 in categories:

Senior Male	Senior Female
Vet Male 40	Vet Female 35
Vet Male 50	Vet Female 45
5. Only one prize per competitor.
6. Route is marshalled and arrows are in place, maps are available. Watch for Marshal's instructions and/or directions. Look out for arrows.
7. There are drink stations on the route and drinks will be provided in the finish area.
8. Any body pulling out of the race must inform a Marshal.
9. **Caution** should be exercised in the first wooded section. The light is poor. The path is rocky, uneven, slippery and steep.
10. **Caution** should also be exercised after Slaughterford on the two wooden bridges, which will be slippery. Also the river can be high and dangerous.
11. An Ambulance is in Thickwood, and first-aid is available elsewhere.