

## LATE CHANGE: WATERPROOF HOODED TOPS NOW COMPULSORY.

All should read the full details, but please

**READ THIS** if you read nothing else

1. Parking is in Threshfield Quarry What3Words ///lifelong.pushy.mourner
2. Drive with care into the event and along the country roads leading to it.
3. Far Start 1.8km/90m climb from car park. Allow 40 mins if walking.
4. Whistles and full leg cover are compulsory.
5. Waterproof hooded tops/gloves/warm hats may be compulsory.
6. No dogs on courses.
7. Quarries are potentially dangerous places.
8. Walls and fences with purple lines on the map must only be crossed at crossing points.
9. Take care on stiles and consider others.
10. Avoid damage to flowers and limestone pavement.
11. Avoid disturbance to birds, farm animals and other people.
12. Wash/sanitise your hands after your race.



### Timetable

- 0900 Enquiries and colour-coded entries open
- 1030 First start (helpers off earlier)
- 1300 Last start (helpers off later)
- 1445 Latest download time if expecting to be a prizewinner
- 1500 Prize giving (or as soon after as possible)
- 1530 Courses close
- 1550 All competitors expected to have downloaded.