

Safety Information

Please Read

Car parking will be partly in small laybys and partly on the roadside verge. If you park on the verge, please park on your left hand side of the road, with your nearside wheels well on to the verge.

Assembly is in the entrance to the new forest road, about 50m before the footpath to the start and about 150m before the eastern boundary of the forest. The location will be signed on the approach from Newby Bridge, but not from the east.

Since the current weather forecast is for light rain and a temperature of around zero to -1C and with the Start and Finish being a little over 1k from Assembly, **carrying a cagoule, as well as a spare torch and a whistle, is compulsory.** Carrying a hat, gloves and waterproof overtrousers are strongly recommended.

Carrying a mobile phone, for use only in an emergency, is also strongly recommended. The emergency contact number to ring is 07771 998554. If you don't get through, leave a message. If you have to, ring 999 and ask for Mountain Rescue. If you need to get to a public road quickly, head west for the A592, but bear in mind that there will be very little traffic, as this road is currently closed a little further north.

Registration will be open from 1700 to 1800, not 1730 to 1830, as originally stated on the website. **Starts will be available from 1730 until 1830, not 1800 to 1900,** as originally stated on the website. **Courses will close at 2000, not 2030,** as originally stated on the website. Bearing in mind the distance from the finish back to assembly, please arrive early enough to be sure of getting back to assembly by 2020. **Please be sure to download immediately on your return to the road.**

In case we have to organise a search for a missing competitor, we would much appreciate those of you who live within an hour's drive staying at the event until everyone has downloaded.