

Participant Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS

Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event

Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible

Come alone if you can

Under no circumstances swap your number or give your place to another participant

Be respectful to volunteers and participants

Observe social distancing wherever possible

Carefully consider your travel plans, avoiding public transport if at all possible

Leave more time than you normally would to get to and from the event

Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly

Be aware of your personal hygiene e.g. avoid spitting and nasal clearance

Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.

Bring your own hand sanitizer

If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system