

**Safety:** Competitors take part at their own risk. Hi-vis clothing highly recommended at all times and headtorches or hand torches should be used.

There are a few small sections of off-path running and some small sections of woodland trail.

The area to the south of the Hagley Road and Wolverhampton Road are out-of-bounds and these roads are very busy and must not be crossed, but competitors may run along the pavements on the north side of the road. Take care crossing roads.

The majority of streets and alleyways are well-lit, but there are some sections without street lighting.

Participants are expected to observe any relevant social distancing and other coronavirus guidelines issued by the government.

Website & Cancellation and Changes to Start Window:

For the latest information check NSL pages at: <u>http://</u> www.harlequins.org.uk