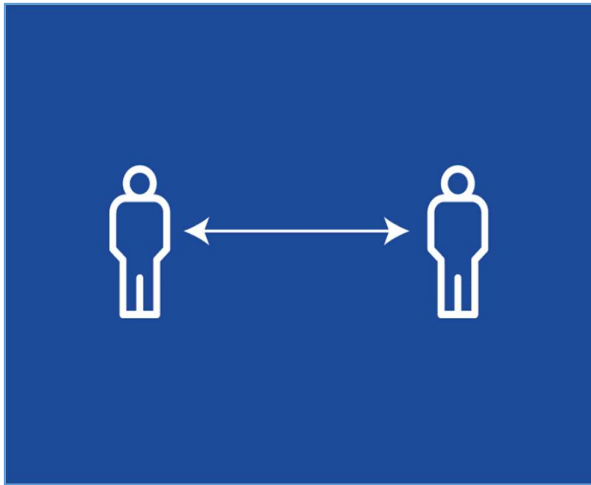


## This is a Covid 19 safe event



- No mingling
- Leave 1.5M distance from others at all times
- Do not attend if unwell, or required to self isolate, or live in regions where travel is restricted, or have visited hotspot areas.



- Cough or sneeze into a tissue or your elbow
- Wash/sanitize your hands at Start & Finish
- Avoid touching SI units when punching
- Do not touch other competitors' maps

**ARRIVE READY TO GO > COMPETE > LEAVE**

**Enjoy your run!**