

COVID GUIDANCE

Our event like so many others has been impacted by COVID, we are delighted that the event can go ahead, however we need to ensure that we are keeping everyone involved in the event safe, so have the following guidance.

DO NOT arrive to the event if you are experiencing COVID symptoms, these include;

- **A High Temperature**
- **A new, continuous cough**
- **A loss or change to your sense of smell or taste**
- **Or if you have tested positive for COVID.**

A QR code will be placed in several places, on arrival at the event we advise you check into the event using the NHS Covid-19 app.

We will have sanitiser available at Pineapple car park and the arena. Please use them. We strongly recommend wearing a mask when in an indoor environment.

We have made the following implementations for everyone's safety:

The start of the event will take place in Pineapple car park to allow better spacing between runners. The start area has been increased to allow more space.

We advise runners to bring your own water bottles. Water dispensers will be available at the start and finish to refill your bottles.

No post-race massage will be available at this years event.

The event capacity has been reduced.

