

Spooky Sprint - Health and safety for runners

- You must wear appropriate shoes for running, no fashion trainers.
- We have rolling road closures for 30 minutes at a time. There may be some traffic/cars coming through the area, they will be aware of the race due to signage but please be aware of this and take care.
- Children under 16 must take part with an adult and remain with an adult throughout the running route.
- Take care of other runners on the route when running past/overtaking.
- Dogs are allowed but they must be well behaved and kept on a short lead.
- The name of the event is Spooky Sprint and we encourage you to dress up but clothing must be appropriate for running e.g. nothing that will obscure your vision, cause any trip hazards and interfere with other runners.
- If you are injured, please alert the nearest marshal so they can alert the first aiders. In the case of an emergency, please always ring 999.

