

15. What is the course like?

The race is a scenic 5-mile multi-terrain race. It is mostly flat, with start and finish on the athletics track, before proceeding along some local residential streets and then entering the Hogsmill nature reserve. Take care as the route goes along some paths by the Hogsmill river, with possible lumps and tree routes to watch out for and, depending on the weather, these paths can be wet and muddy. The route also goes across grass which, again depending on the weather, may be wet and slippery. There will be distance markers at every mile.

There will be lots of marshals wearing hi-viz vests out on the course. They are there for your safety, so please listen and **obey their instructions**. It is **not a closed-road race**, so the marshals will warn you of traffic. For safety reasons runners are asked **not to run with headphones from personal music devices**, as you need to be able to hear the marshals give you vital instructions and, of course, hear them cheering you on! If you insist on listening to music, you must wear over-the-head headphones; earbuds are not allowed.