

START FITNESS NORTH EASTERN HARRIER LEAGUE

BE A CONSIDERATE RUNNER

GETTING THERE

- **Remember to take your NEHL number**
(Providing a replacement costs us time and you money)
- **Fill in details of any medical conditions on the back of your number**
- **Have coins ready when there are charges for parking**
- **Park sensibly - obeying signs and marshals' instructions**
(We have lost venues due to indiscriminate parking and don't want to lose more)

BEFORE THE RACE

- **When warming up, keep off the course if you can; if you can't:**
 - run in the opposite direction to races in progress;
 - stay in small groups;
 - keep clear of oncoming runners in the race in progress.
- **Keep off any 'NO GO' parts of the course**
- **Use the portable (or permanent) loos**
(We've lost one venue through indiscriminate peeing)
- **Pin your NEHL number securely on the FRONT of your club vest**
- **When going to the start, watch out for runners in races in progress**
- **Don't run alongside runners in other races**
(They could be disqualified for pacing)

AT THE FINISH

- **Keep moving steadily down the finish funnel** - as we don't want this backing up onto the course. Please save the handshakes and hugs until you are outside the funnel.
- **Don't cut out of the side of the funnel** (or your result might not be recorded)

WHEN YOU GO HOME

- **Take your rubbish home** (or place it in a bin)

ALL THE TIME

- **Follow the instructions of course marshals and technical officials**
(Remember also that they are all unpaid volunteers)

ENJOY YOUR RACE AND HELP OTHERS ENJOY THEIRS