



- Marshal Points 1
- Directional Arrows 50

Contact Numbers
First Aid 07564 478952
Nick Farley(Race Director) 07854 862138
Graham Bollard(Sweep) 07939 577344
Graham Jones(Dep Director and Marshals) 07786 266205

IN A MEDICAL EMERGENCY PLEASE CONTACT
 FIRST AID AND QUOTE YOUR MARSHAL NUMBER
 OR DIAL 999

Stay with the injured person and keep them warm
 with clothing or foil blanket

ANY OTHER ISSUES PLEASE CONTACT NICK

PLEASE DO NOT LEAVE YOUR MARSHAL POINT
 UNTIL PASSED BY THE SWEEP PERSON

MINCE PIE 10 MILE ROUTE

