

**CUMBERLAND  
ATHLETIC CLUB**



**Netherhall 10  
Sunday 24 February 2019  
Race Briefing Points**

1. The course is well marshalled but please be aware that it is not traffic free. Be especially cautious where there are tight bends around the course and where there are no pavements.
2. Listen and adhere to the marshals instructions
3. Keep to the left of the course at all times.
4. There is a drink station around the half way point.
5. For safety reasons ear-phones are not allowed. Marshals have been told to ask you to remove them.
6. If you decide not to finish the race for whatever reason please make your way to the nearest marshal. They will inform us, sort out any medical treatment for you, and arrange to get you back to the finish.
7. There will be a lead biker and a sweeper on the course.
8. Post race food is available for runners and marshals afterwards.
9. We will present prizes for the full race as soon as possible. Please enjoy some food and we will give you a 5-10 minute warning of when the presentation is to be held.